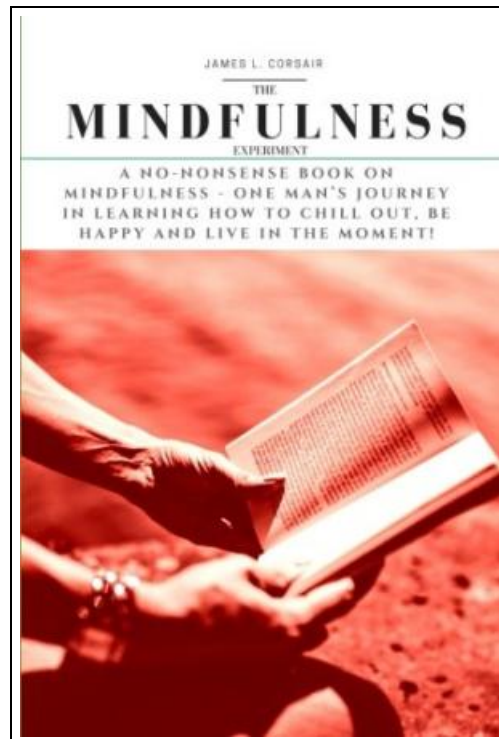


## Mindfulness: The Mindfulness Experiment.: A No-Nonsense Book on Mindfulness - One Man's Journey in Learning How to Chill Out, Be Happy and Live in the Moment! (Paperback)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.One man s journey in learning how to chill out, be happy and live in the moment! A no-nonsense book on mindfulness Hello there, Dear Friend, My name is James Corsair and am the author of The Mindfulness Experiment. This book chronicles my journey from skeptic to believer, as well as my transformation from being a stressed out, burned out, nervous breakdown suffering victim into a happy, positive and calm victor. And Inside this book I reveal to you my secret to building a foundation to practice Mindfulness and the proven, step-by-step process that will empower you to start practicing Mindfulness and experiencing it s amazing, powerful benefits. Are you stressed out and anxiety ridden? Do you feel directionless, aimless and purposeless? Are you tired and worn out? Do you long for calm, serenity, peace and tranquility? Do you wish to rediscover your old-self, become motivated to pursue your dreams, goals and ambitions and finally become the person that you know you can be? Mindfulness can help you achieve a stress-free state and is a key part of the strategy to achieve your utmost potential. Learn to bury the memories of yesterday keeping you back and learn how to become Mindful in your day-to-day life in order to reap the benefits of a positive state and enhanced mental and emotional toughness and focus. Become the you that you always knew you should be! Mindfulness has personally transformed my entire life, The information in this book chronicles the true story, steps and strategies of my Mindfulness journey and the amazing change I ve experienced as a result. Mindfulness changed my entire life You are about to discover how to: Experience a period of...



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