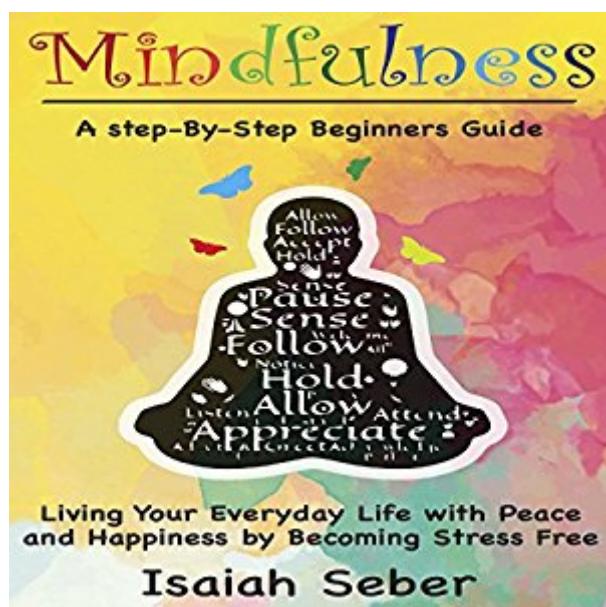


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# Mindfulness: A Step-by-Step Beginners Guide On Living Your Everyday Life With Peace And Happiness By Becoming Stress Free



## Synopsis

This book will allow you to uncover the secrets of happiness and free yourself from anxiety and stress! Are you tired? Are you stressed? Do you constantly find yourself filled with worry and anxiety? Are you consumed with everything you must get done, everything that is happening, and everything that has happened? Are you ready to make a change and start an adventure that will help you live in the present moment, stop your worries, and make your life more meaningful? If you answered "yes" to any of these questions, then you are ready to take on a life of mindfulness. Give it a shot; listen to this book and try your hand at mindfulness for a few days. I promise you won't regret it. Whether you decide to totally transform your life to one of mindfulness and peace, or you simply want to add a few mindful moments into your day, you will see an improvement. Benefits of mindfulness: Increased happiness Reduced stress Better social relationships Weight loss Emotional intelligence Less anxiety Reduced depression Improved health Increased focus New experiences

## Book Information

Audible Audio Edition

Listening Length: 47 minutes

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Whispersync for Voice: Ready

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#389 in Books > Health, Fitness & Dieting > Alternative Medicine > Energy Healing #399  
in Books > Audible Audiobooks > Science > Medicine

## Customer Reviews

I enjoyed reading Mindfulness, but I feel like there was something missing throughout. It wasn't a very extensive, or abundantly paged book, so it was easy to read quickly. I did pick up some of the little things that I find myself noticing just walking down an alleyway to work or driving home, or in all my daily activities, becoming more aware of sights, sounds, smells, and the grandeur of the world and people around me. I would recommend this book as a good stepping stone at getting started

with becoming mindful, and am very happy that I read it.

Because it is forcing me to review the ebook before I have even completed reading half of it I cannot give a proper review. Says there are more than 478 "loc" but skips 20 at a time. So far it has not taught me anything that isn't outwardly obvious. This ebook is also full of misspelled words and grammatical errors so I ordered the paperback version will review once it arrives.update 3-14-17: I received the paperback book yesterday, opened the envelope then immediately taped it back up and and returned it today. This book is written for children, certainly not adults. It is only 66 pages long with enormous print. If printed in normal book texts you would maybe have 10-15 pages. \$12.99... Not worth the cost and the information inside is also not book worthy. Very disappointed with this purchase.

Great book, lots of helpful tips, some basic but always good to do a refresher. I work in social services so self care is an absolute necessity for me. This book continues to provide support where and when I need it most. Written very well, also love that its paperback, makes for a real comfortable read.

It has taken me a long time to understand the power of peace inside and out your whole body being out of place to understand life this is a book that I will continue to read throughout his journey of peace is very inspirational is very encouraging and it teaches us all to be humble so I enjoyed it and this will be a book I read many many times on this journey

Awesome book

Enjoyable approach with good examples

This is a good book of how to live in present moment. It is just the begining, to continue digging

as expected

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