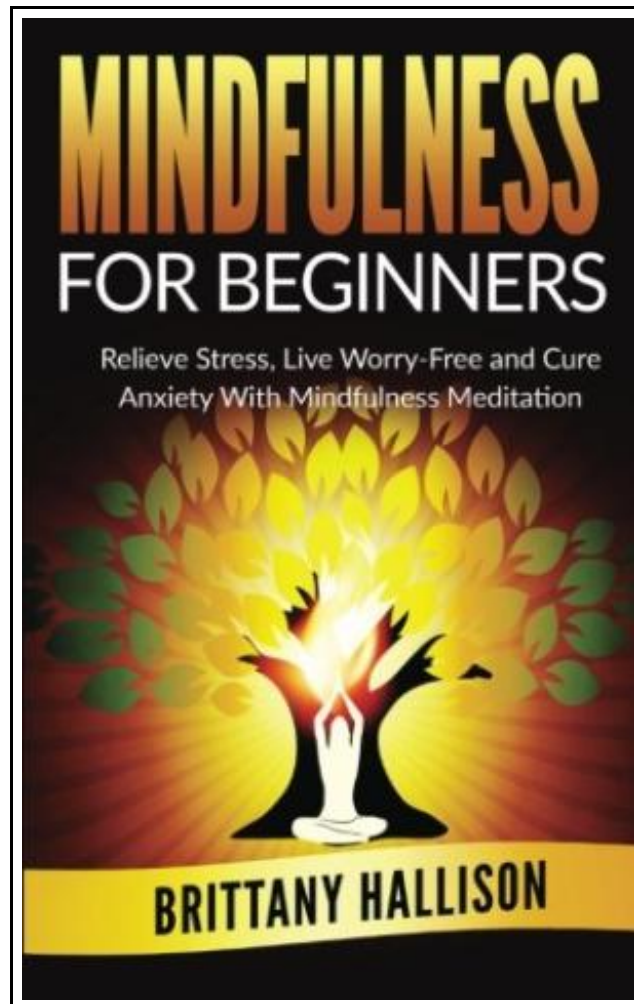


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


(Rebecca Bechtelar)

MINDFULNESS FOR BEGINNERS: RELIEVE STRESS, LIVE WORRY-FREE AND CURE ANXIETY WITH MINDFULNESS MEDITATION (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Discover the Full Richness Life Has to Offer by Uncovering the Path to A Calm, Peaceful Mind Do you find your mind constantly replaying the same conversations in your head over and over again? Do you often find it hard to simply calm and relax due to an over-anxious mind? Do you want to discover the strategies to become more mindful and aware in all aspects of your daily life? This book is your complete guide on how uncover the full richness life has to offer by increasing your conscious awareness. The key to living a relaxed, content life is in your power. Publisher s Note: This expanded edition of Mindfulness for Beginners includes FRESH NEW CONTENT to better help you on the path to peace and contentedness. The advantages of mindfulness meditation remain numerous. It is not only a fantastic concentration exercise, but the healing effects of mindfulness meditation on stress and anxieties are well-documented. Having been explored extensively through a scientific standpoint, mindfulness meditation is increasingly recognized as particularly effective. It is the predominant meditation prescribed by health services as a treatment for stress, stress-related disorders as well as anxiety and depression. Unlike many styles of meditation and new-age practices which are rife with pseudo-science and subjective personal interpretations, mindfulness meditation is one style of meditation that you can trust from a veritable, scientific standpoint. By reading this book you will Benefit and learn things such as: How Meditation Is Used as an Effective Tool for Stress, Anxiety Depression 4 Simple Strategies to Manage Negative Thoughts How to Discover Ultimate RelaxationTop Techniques to Induce Calmness Peace of MindHow to Embrace a Mindful Way...

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