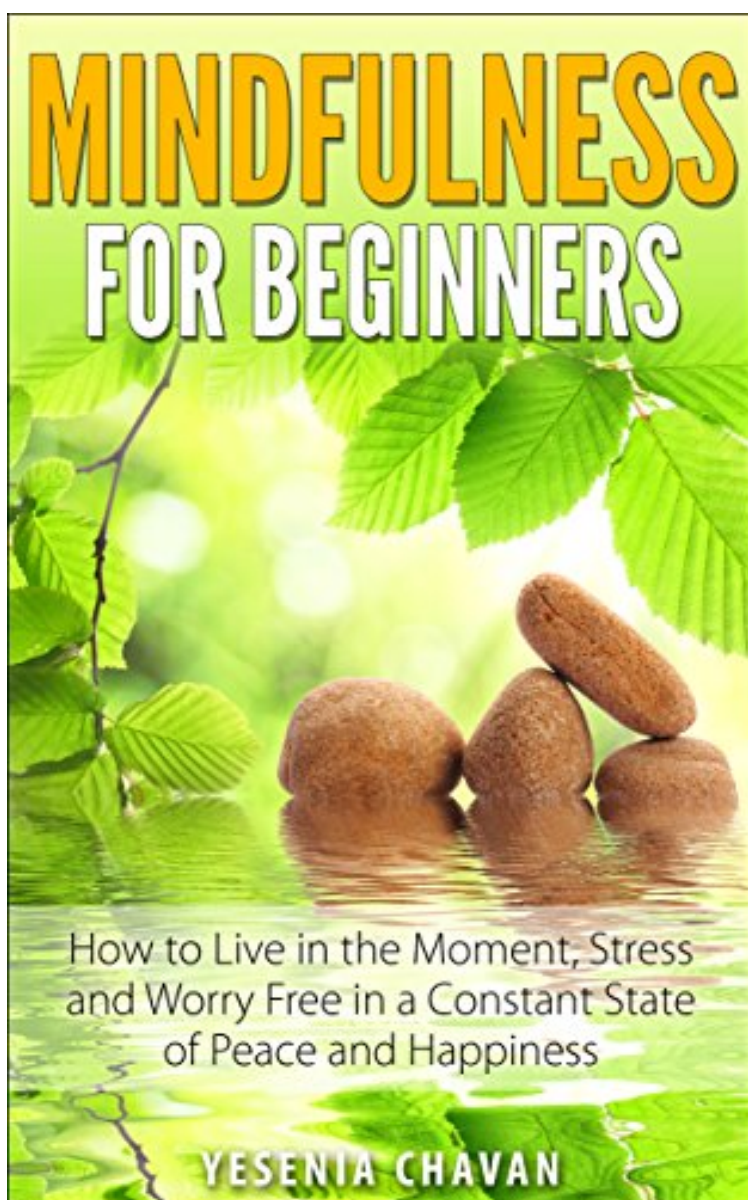


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Mindfulness: Mindfulness for Beginners How to Live in the Moment, Stress and Worry Free in a Constant State of Peace and Happiness (Mindfulness, Meditation) (English Edition)



Par Yesenia Chavan

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Description :

Prsentation de l'diteurMindfulness for Beginners - Learn how mindfulness can make your life better

TODAY!A "mindfulness for beginners" guide that will make you a joy magnet!! :o) Practicing mindfulness can make you happier, healthier and more productive than ever. This book will teach you how to take control of your thoughts, stop worrying, relieve stress and embrace a more peaceful way of living. Don't let life just happen to you! Use mindfulness to create a life of peace and happiness that you love! Are you tired of living on autopilot and letting your reactions, thoughts and feelings dominate you? Are you ready to stop

living in the past and worrying about the future so you can create your ideal life NOW in the present moment with mindfulness? Mindfulness for Beginners - How to Live in the Moment, Stress and Worry Free

in a Constant State of Peace and Happiness is going to teach you exactly how to be mindful, how to use mindfulness techniques to quiet your mind and how to practice mindfulness every day in order to gain control of your life. Learning how to be mindful and developing a regular mindfulness practice can be a challenge at first because our "monkey minds" as Buddhists call them, jump from thought to thought like monkeys swinging from tree to tree. If our minds aren't tossing around regrets of the past, they're busy

fearing the future. If you want to change your life, you can only do that in the present moment by the thoughts you choose to think. If you can develop the habit of practicing mindfulness for only a few minutes each day you can achieve amazing results in your life! Mindfulness for Beginners walks you through exactly

how to take control of your thoughts. Mindfulness will improve your physical and mental health, reduce stress, improve your clarity and focus, and give you a deep sense of peace. When you're run down, stressed out and anxious your ability to enjoy life and find peace gets depleted. Mindfulness is an elevated state of being that enables you to rise above your circumstances and experience a sense of joy. As you experience joy, you attract health, finances, abundance and a slew of other wonderful things into your life. Mindfulness

for Beginners teaches you: The key benefits of mindfulness How mindfulness improves your physical and mental health Mindfulness meditation How to embrace your power to create How to master your mind How to

build your self confidence with mindfulness Mindfulness and breathing How to raise your conscious awareness How to cultivate contentment with mindfulness....and much more Here's a Preview of What You'll

Learn... What is mindfulness Why practice mindfulness The importance of living in the present moment Techniques and key strategies for practicing mindfulness every day How to make mindfulness the most enjoyable part of your day How mindfulness nurtures self-acceptance Mindfulness and personal development Mindfulness and relationships....and more You were never meant to feel stuck, burnt out and

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Mindfulness and relationships....and more
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Biographie de l'auteur
A stress free, healthy and positive life is available to anyone that is willing to change. Living a life of peace, great health and happiness shouldnt feel like something that is available to everyone but you. There is a whole world of limitless possibility out there but only YOU can make it a reality in your own life. My name is Yesenia Chavan. I use to be stressed-out, overweight, unhappy and desperate to live the great life I dreamed of. There were many years that I lived as a victim of circumstance completely oblivious to the fact that I had the power to choose the kind of life I wanted to live. One day, completely stressed-out by my situation, I made a decision to learn everything I could on inner peace, happiness and taking control of my life. I devoured every book I could get my hands on and eagerly applied everything I learned to my life. Slowly I started experiencing more peace, health and happiness than I ever had before. For the first time in my life I felt that I was in complete control of my destiny. Life became an exciting, rich, beautiful playground that I couldnt wait to enjoy every day. Positive things started happening for me. I hit my goal weight, started living my passion and tripled my income. It still amazes me today how one quality decision could transform my life so drastically. Now Im on a mission to share what Ive learned in a straight-forward, simple, to-the-point kind of way that will enable you to transform your life in a short amount of time. Youre busy and the last thing you need is to wade through a 500 page book on how to find peace, release stress, get healthy and live happy. Thats why my books are concise, easy to read and aim to answer your most pressing questions. Everything I write comes from the heart and my goal with every book is to help you live the stress free, happy life you were meant to live. When Im not writing I enjoy yoga, long walks, spending time at the beach and reading. Thank you for exploring my books. My hope is that they will be a light for you as so many books were to me.