



## Mindfulness: 100+ Amazing Mindfulness Tips, Exercises Resources. Bonus: 200+ Mindfulness Quotes to Live By! (Mindfulness for Beginner s, Mindfulness Meditation, Yoga Mindfulness, Anxiety Mindfulness) (Paperback)

By Kevin Gise

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Free Bonus E-Book As A Special Gift!! Want To Learn to Live In The Present? Discover How You Can Be More Mindful In Your Daily Life Many of you may be asking, What the heck is mindfulness in the first place. I know that was my initial reaction when I first introduced to the concept a few years back. Well, this isn't some new idea. The concept of mindfulness has been around for over a thousand years. Being mindful means living in each moment and experiencing it fully. It teaches you how to become fully aware of yourself and your surroundings, while also improving focus and attentiveness. Mindfulness has been scientifically proven to help improve symptoms of insomnia, depression, anxiety, along with aiding in stress relief and better general well being. Mindfulness can teach you how to stop worrying over your future and start living in the present. It'll help you focus your energy and passion into living a happier and more productive life. I've found that once I started practicing mindfulness...



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