



Mindfulness: The Beginner s Guide to Inner Transformation by Reliving Stress and Anxiety (Paperback)

By Shawn Rogers

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. Mindfulness-The Beginners Guide To Inner Transformation- Transform Yourself and Live the Life You Want, TODAY! Practicing mindfulness will make you alert, aware and appreciative about what really matters at the present moment, than regretting the past and worrying about the future. Find yourself at the height of yore efficiency and enjoy fulfilment through the techniques mentioned in the book. Its High Time To Stop Surviving and Start Living! Are you tired of sleep walking through life, repetitive and unappreciative of what is happening around you, not a moment to cherish what really matters? Is it difficult for you to see things clearly due to the illusion of your thoughts? Mindfulness - The Beginners Guide To Inner Transformation, is going to teach you how with simple practices everyday you can master your mind and live the life you always wanted without inhibitions and full of satisfaction. Simple habits and changes in your everyday schedule can give you remarkable results indeed and the book shows you exactly how. The book guides you to find inner happiness and hand holds you to practice exercises so as...



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