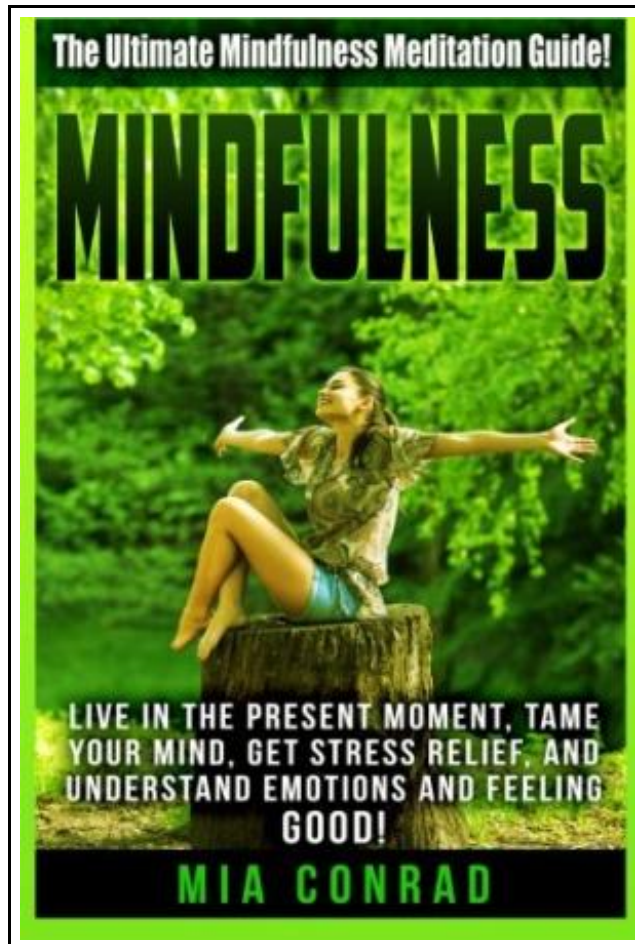


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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Mindfulness Techniques For Living In The Moment And Feeling Good!Today only, get this Amazing Amazon book for this incredibly discounted price!This Mindfulness book contains proven steps and strategies on how to begin living life to the fullest when you live life in the present moment!Our brains are very powerful tools, but the only problem is that if you don t know how to manage your brain it can sometimes take on a mind of its own - literally! This makes it very important that we understand how to observe and manage the thoughts, feelings, and emotions that naturally come in and out of our minds on a day to day basis.In this easy to read and understand book on mindfulness you will easily come to understand how simple it is to begin living in the present moment with a little practice. And I am very confident this will be one of the best decisions you make of your life!This book contains useful information regarding mindfulness meditation, breathing for mindfulness, and journaling to understand your thoughts and emotions better. You should use this book if you need guidance when it comes to practicing mindfulness and applying it certain aspects of your life, particularly your emotions. It also includes tips on how you can practice mindfulness better.Here Is A Preview Of What You ll Learn.What Is Mindfulness And How Can You Benefit From It?How To Meditate For Mindfulness And To Tame Your MindMindfulness, Stress Tolerance, And How To Get Stress ReliefMindfulness And Living In The Present MomentGain Emotional Intelligence By Understanding How To Observe Your EmotionsHow To Use Mindfulness To Decide Which Emotions You Will Allow Yourself To Feel The...

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