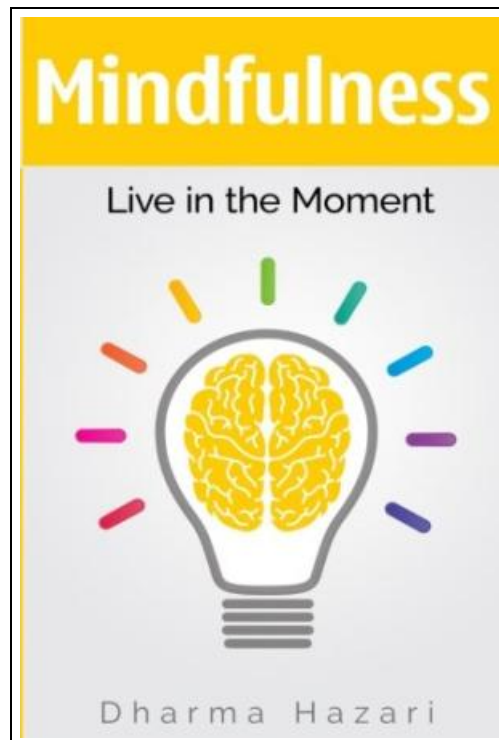


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Reviews

This type of publication is almost everything and helped me looking forward and much more. I am quite late in start reading this one, but better then never. You wont really feel monotony at whenever you want of your own time (that's what catalogs are for relating to if you ask me).

(Prof. Buddy Leuschke)

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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Achieve Miracles with the practice of Mindfulness. Do you feel like a victim of distractions? Do you long for happiness and peace of mind? Are you often stressed out at work or home? If you answered YES then this book should be your next read. It will teach you practical ways of mastering your body, mind and spirit. What if I told you that you have ability to perform extraordinary feats that will be considered impossible by others? Sounds too good to be true? Don't underestimate your own powers. The secret to this has actually been uncovered more than 2000 years ago! Athletes have used it to win olympic medals, scientists for nobel prizes and monks for achieving Zen-like states. This open secret is the practice of Mindfulness. This book is a modern approach to the ancient art of mindfulness. It has been designed as a practical step-by-step guide for beginners but also has some additional insights for advanced mindfulness meditation practitioners. Here are ten things you will learn from this book. 1. What mindfulness is and how it can help you. 2. 10 Practical techniques to achieve mindfulness 3. How to become a more calm and grounded person. 4. The numerous health benefits of mindfulness meditation(vipassana). 5. How to cultivate a daily habit of mindfulness for beginners. 6. The nature of stress and anxiety and how to get rid of them. 7. What the leading research on mindfulness is pointing at. 8. How to develop self-awareness with mindfulness and self-inquiry. 9. What it feels like to have a focused mind. 10. How to boost your empathy and improve your relationships. You can have all the money in the world but...

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