



Mindfulness: Mindfulness For Beginners - How To Stop Worrying And Start Living In The Present With Happiness And Inner Peace! (Mindfulness, Meditation, ... For Anxiety, Mindfulness For Beginners)

Debeena Harris

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Mindfulness For Beginners : Stop Worrying And Just Be Happy TODAY!

Aren't you just SICK AND TIRED of always being stressed, always in a hurry, never stopping to "just enjoy the right now" as all of your worrying friends & family advise you to do? Well, there may as well be a solution for you and it all comes down to one word: Mindfulness.

Time is relative and we all have our own, personal clocks. We remember our past and we look forward to the future, but somehow, we all forget to live in the present - which is actually the only authentic moment we as humans have.

We cannot recreate the past nor can we predict the future. So, seeing how priceless the present moment is, why do we tend to neglect it so often?

Our minds wander about 50% of the time, but every time we practise being mindful, we are exercising our attention "muscle" and becoming mentally fitter. We can literally learn how to master our mind and feelings, instead of just passively allowing our attention to be dominated by distressing thoughts and feelings.

Mindfulness can be the greatest gift we can give ourselves, as well as other people. Once we start living a mindful life, others benefit almost as much as we ourselves do, because what mindfulness incorporates is a miraculous ability of moment-by-moment awareness, allowing for a stress-free life where every experience is utilized for the greater good.

Mindfulness For Beginners - How To Stop Worrying And Start Living In The Present With Happiness And Inner Peace is going to teach you exactly how to be mindful and reap all the amazing benefits of mindfulness...and as a result help you live in the present moment without any of those annoying worries!

Here Is A Preview Of What You Will Learn...

- What Exactly Is Mindfulness
- Why Practise Mindfulness
- What Are The Benefits Of Mindfulness

- Basic Mindful Meditation
- Nonjudgemental Acceptance And How To Achieve it
- Mindfulness and Attention
- Mindfulness And Body Sensations
- Mindfulness And Emotions
- How To Live In The Present
- ...and more!

So here is my question to you...

Do you want to be Mind Full or Mindful?

It's your choice. Stop procrastinating and take action NOW by downloading this book for a limited time discount of **only 0.99\$!**

DOWNLOAD YOUR COPY TODAY!

You will be happy that you did.

Thank you!

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Have you spare time for the day? What do you do when you have much more or little spare time? Sure, you can choose the suitable activity with regard to spend your time. Any person spent their own spare time to take a move, shopping, or went to typically the Mall. How about open or maybe read a book eligible Mindfulness: Mindfulness For Beginners - How To Stop Worrying And Start Living In The Present With Happiness And Inner Peace! (Mindfulness, Meditation, ... For Anxiety, Mindfulness For Beginners)? Maybe it is to be best activity for you. You recognize beside you can spend your time with the favorite's book, you can cleverer than before. Do you agree with their opinion or you have various other opinion?

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Terry McConnell:

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