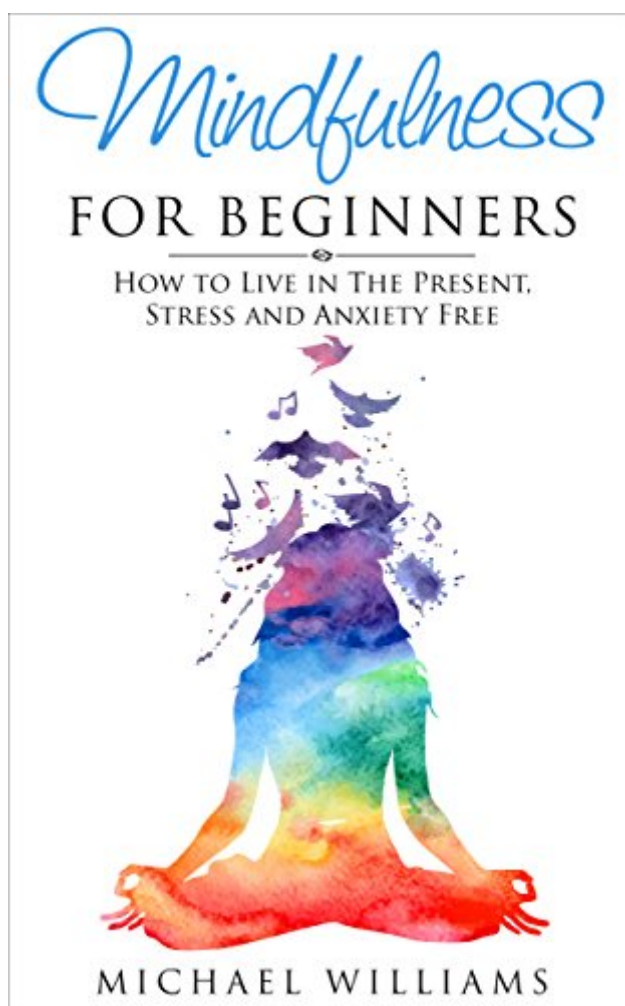


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# Mindfulness: Mindfulness For Beginners: How To Live In The Present, Stress And Anxiety Free (FREE Bonus Gift Included) (Mindfulness, Meditation, Buddhism, Zen)





## Synopsis

"He who knows others is wise; he who knows himself is enlightened." — Lao Tzu  
Reject stress. Employ mindfulness. Accept peace. Do you find yourself often feeling run down and ragged? Are you overwhelmed by the everyday stressors of modern life? Are you all too often faced with anxiety and uncertainty in lieu of serenity and security? Learn to let go of your worries and free yourself from anxiety in *Mindfulness for Beginners*, a new and refreshing guide for authentic living. Mindfulness employs focus and intent on one's own thoughts as a means of exorcising problems and pursuing happiness and peace. This ancient practice has deep roots in Buddhism and dates back over 2,500 years. Practicing mindfulness has the power to change your life through its ability to remove unhealthy and useless thoughts and replace them with openness and self-awareness. Focusing on the benefits of meditation, presence, and slowing down the pace of one's life, this guide seeks to uncover the secrets of living a life infused with compassion and gratitude. Here's what to expect in the *Beginners' guide*: A thorough understanding of what mindfulness is and what it is NOT. The art of meditation and its many benefits. How to live in the present. How eating and drinking slow can improve your life. A guide to becoming stress and anxiety free. How to make a meditation plan and stick to it. Learn to let go of your past once and for all. Applying mindfulness both in the home and the workplace. And much, much more! Outlined as a roadmap for connecting oneself to the present as opposed to an escape from reality, this book is full of practical recommendations for moving forward in life on the path to becoming whole. So if you're ready to transform your mind into a peaceful haven for positive thinking, then this guidebook is for you. Get your copy of *Mindfulness for Beginners: How to Live in the Present, Stress, and Anxiety Free*, today! Free Meditation & Yoga Bonus Gift Inside

## Book Information

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## Customer Reviews

This booklet is poorly written and edited and includes extremely basic information only. The author does not know how to write a book. I think he's just a casual blogger. Just search the internet and you'll get more valuable information. Save your money.

Poorly, or not edited. Full of typos and grammatical errors; NOT full of helpful information.

It is okay... nothing new about mindfulness in this book, for beginners might be ok

A must read for anyone who is just stressed out with a racing mind. It is especially good for those who tends to think of their past, good or otherwise. The author gives helpful and easy to learn tools so, that we can be mindful in the present moment.

This short document reads like a short pamphlet usually found in a doctor's office. You will find only basic information, something you can learn by reading the introduction of longer book by a real author on the topic. You won't be able to start practicing real meditation with just reading this document. You'll end up buying another book on this topic to get started. Save your money and invest on a better book.

Great read for anyone .

The book is thinner than I expected. It doesn't have that many pages inside because I was expecting it to have more.

Ok

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