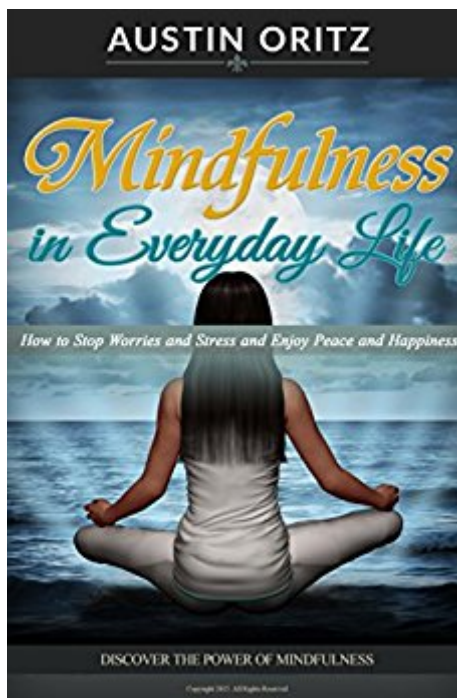


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# Mindfulness In Everyday Life: How To Stop Worries And Stress And Enjoy Peace And Happiness With Mindfulness And Meditation



## Synopsis

Discover the Power of Mindfulness Meditation Mindfulness meditation is increasingly becoming recognized as an effective treatment for most mental pains. It reduces stress, depression, and anxiety and increases well-being and happiness. Those who practice mindfulness are more likely to be content and in control of their lives. This is due to the way that mindfulness can reduce the stresses of daily life, as well as show you how great things can be. It has been shown repeatedly that mindfulness can really help you to reduce your stress levels and increase your self-awareness and emotional intelligence. This book will show you how to start, feel better, reduce your stress, and enjoy your life a little more. You can stop worries and stress with mindfulness meditation. Topics Covered What is mindfulness? Mindfulness is key to healing Mindfulness exercises 7 mindfulness exercises you can start doing right now Being here and now: how living mindfully can make you happier How to use it to your advantage Why practice it? How you can use it to lose weight Practicing mindful eating: how to start and keep it up Walking mindfulness Meditative breathing Breathing exercise Noticing the world around you How to practice mindfulness Mindfulness and the energy that flows through all

## Book Information

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## Customer Reviews

I meditate frequently to lessen my stress, but I'm always looking for books that can give me more techniques in terms of finding an inner peace. When I saw this book I knew it was one that I had to read. I've read a few other self-help books on eliminating stress, and a few other meditation tutorial guides. I've never read a book that combined both of those things into one, and because of that I found this book to be very helpful. This is a relatively short guide- at about 90 pages long. With that being said, don't let the shortness of it fool you- this book is filled with a lot of valuable information. I liked the fact that I could sit down and finish this book in a couple sittings. Even after finishing the book, though, I've found myself returning to it multiple times to delve more deeply into the information. 'Mindfulness In Everyday Life' focuses on bringing a sense of peace to you through a mindful outlook. Being aware of yourself, and your emotions, and being able to handle life in a less stressed way is very important. Meditation is a great technique to use to practice becoming more mindful- more aware. And this book acts as a bit of a teacher in the fact that it shows you how to utilize meditation to create mindfulness- and how to use that mindfulness to benefit all aspects of your life. This book was very well-written and easy to read. I found myself taking notes a few times, because the information was so thorough. There were a lot of points brought up in this book that I hadn't read before and I appreciated the fact that it didn't necessarily just repeat traditional meditation information that every other book on this subject seems to talk about.

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