



Mindfulness for Beginners: 21-Day Step by Step Guide (Paperback)

By Jill Hesson

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. LIMITED-TIME BONUS INCLUDED: FREE Beginner s Guide to Meditation A Beginner s 21-Day Step By Step Guide to Relieve Stress and Find Peace in Your Everyday Life For a limited time only, get this Amazon bestseller for just \$2.99. Read on your PC, Mac, smart phone, tablet or Kindle device. If you have found that life is putting too many strains on you, or that the load that you are left to carry is too heavy, mindfulness may be the answer. People work their minds too hard sometimes. We are taught to think about our actions before we actually put them into practice. We are taught to think before we speak. In today s society, if we had time to relax and enjoy life, it s unlikely that we would, because such are the demands of a modern era. However, when you find out about mindfulness and start to use it, you begin to see things in a very different light. For example, you notice things you didn t notice before. Why? The problem with our philosophy on life is that...



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