



Stress: Mindfulness for Life Peace and Happiness: Mindfulness Stress Reduction Techniques and Practices for Beginners on How to Live in the Present Moment Anxiety Free (Paperback)

By Chris Adkins

Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. #STRESS: Mindfulness For Life Peace And Happiness: Mindfulness Stress Reduction Techniques And Practices For Beginners On How To Live In The Present Moment Anxiety Free A reminder to be present and enjoy life. A Messy World Do you find yourself looking at old photos and wondering when they were taken and why were you in there in the first place? Do you find yourself painstakingly trying to recall what happened when that picture was taken? Can you still remember how you felt at that time? Who were the people you were with in that photograph? Do you remember the reason why you were smiling? Why is it that you can't remember any of these? Why does it feel like you are looking at someone else's life? We are living in a crazy world. A world that is full of stress, noise and chaos. A world that is full of deadlines, things to do, tasks to accomplish and expectations to meet. We live in a world that demands efficiency and perfection. Every day is a struggle. Every day is a...



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