



## Be Mindful And Stress Less: 50 Ways to Deal with Your (Crazy) Life (Paperback)

By Gina Biegel

Shambhala Publications Inc, United States, 2018. Paperback. Condition: New. Language: English . Brand New Book. Simple mindfulness practices for teens that build self-esteem, grow compassion, and reduce stress. The demands and pressures of everyday life can really stress you out! School, work, relationships, social media, and the like can leave you pulled in so many directions it can make your head spin. When you need help fast, these simple accessible mindfulness-based practices will help bring you relief and ease right away. If you make these mindfulness and self-care practices part of your routine, you ll discover little life-hacks to get through even the toughest days.



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