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Mindfulness for Beginners: A 3-Step Approach to Reduce Stress, Anxiety and Enjoy Your Life Now (Paperback)

By Samantha Westwood

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Overwhelmed, anxious, stress-out? A simple 3-step approach to mindfulness is the answer to help you reduce stress, anxiety and enjoy your life today! Mindfulness for Beginners: A 3-Step Approach to Reduce Help, Anxiety and Enjoy Life Now helps you integrate mindfulness into your daily life without having to make sweeping lifestyle changes. You don't have to spend hours each day meditating in order to get the benefits of mindfulness. Small changes in your daily routine and thinking will add up to big results when it comes to creating the life that you want. It seems like everyone is trying to be more mindful today, but what is mindfulness really? Where does it come from and how can it improve my daily life and my health? If you have ever asked yourself those questions then Mindfulness for Beginners A 3-Step Approach to Reduce Help, Anxiety and Enjoy Life Now is the place to look for answers. This book will give you the information you need to reduce stress and anxiety, improve your health and your mental clarity with...



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