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## Mindfulness: Mindfulness for Beginners: 28 Steps to Becoming More Present Through Mindfulness Meditation

By Tom Miles

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Discover how to become more present, stop feeling overwhelmed and let go of fear and anxiety Worry. Stress. Constantly, unpredictably swinging emotions. Habits you want and need to break, but seem completely unable to. The feeling of being constantly pushed and pulled by forces beyond your control. Never quite feeling like you belong. All of these life challenges are covered in the book: Mindfulness For Beginners: 28 Steps To Becoming More Present Through Mindfulness Meditation Why you should check out Mindfulness For Beginners This book will be a good fit if you: Regularly experience anxiety and fear throughout the day Suffer from Panic Attacks Routinely feel tense and restless Feel drained and tired Are easily distracted Feel like your life is out of control Experience moods of sadness or even depression Wish you wouldn't worry so much If you're human, these frustrating attributes of existence are a part of your life, they sour multiple other aspects of it and you wish you could be rid of. Typical wisdom says that they are immutable and unavoidable - that all you should do is learn...



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