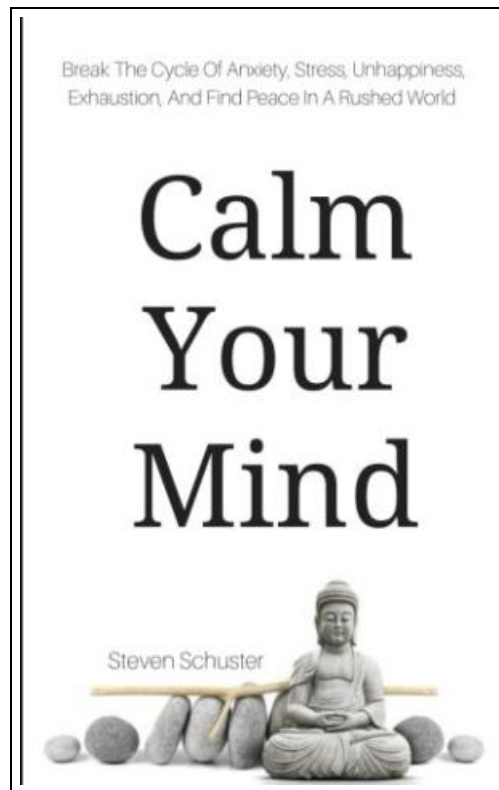


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CALM YOUR MIND: BREAK THE CYCLE OF ANXIETY, STRESS, UNHAPPINESS, EXHAUSTION, AND FIND PEACE IN A RUSHED WORLD (PAPERBACK)



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Do you feel overwhelmed by the demands of today's fast-paced world? Would you like to live less stressed or anxious? Stress, anxiety, and endless worrying are mostly the byproduct of unconscious living. What are the things that make you anxious? Your lifestyle, your prospects for the future, or the shadows of the past? If you're desperate to slow down and find inner peace, mindfulness is the solution you're looking for. In *Calm Your Mind*, bestselling author, Steven Schuster will help you to find back your way to the present moment following a few simple yet powerful principles. They don't require more than a few minutes of practice daily. Their impact, however, will last long term. Improve your focus and productivity. The book will not only show you what are the best practices to find your peace of mind but also will help you transform these practices into daily, automatic habits. The wholeness you're so keen to find is already within you. Practicing mindfulness is the key to channel those parts of your brain. Learn to exclude the information clutter you face each day. -How to stabilize your attention and presence amidst daily activities -How to bring awareness to your life and practice conscious living -How to shift back to awareness again and again all day -Become more decisive, disciplined, focused and calm Become aware of the person you truly are. -Learn how can you calm your mind -The best tips to manage your energy -The scientifically proven benefits of practicing mindfulness -How to overcome your discouraging and negative thoughts Mindfulness helps you experience a deep feeling of happiness and peace. It seeps into everything you do....

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