



Meditation and Mindfulness Training: Practical Mindfulness Exercises and Mindful Meditations (Paperback)

By Beth Banning, Neill Gibson

Createspace, United States, 2013. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.Do you want to feel more relaxed, have closer relationships, more easily achieve your goals, and just enjoy your life a whole lot more? Then mindfulness and mindfulness meditations are the simplest, most effective place to start. Mindfulness is now practiced by thousands of people all over the world and has been proven to help you achieve higher levels of physical, mental, and spiritual well-being. In this book, Volume 3 of The Meditation for Life Series, you ll discover: The ABCs of mindfulness. Easy, memorable techniques to bring mindfulness into every area of your life. How to create your unique mindfulness practice. And much, much more! This book will answer your most important questions about the concepts of mindfulness explained and find detailed explanations of how it can benefit all areas of your life. It will show you how mindfulness is something that can be surprisingly simple to practice, yet can bring an amazing sense of well-being to your life. This book will answer your most important questions about the concepts of mindfulness and how it can bring...



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