



Everyday Mindfulness - Change Your Life by Living in the Present (Mindfulness for Beginners)

By Professor Jennifer Brooks

Createspace, United States, 2012. Paperback. Book Condition: New. 266 x 124 mm. Language: English . Brand New Book ***** Print on Demand *****.Stressed out? Burnt out? Just plain tired of trying to keep up with the frenzied pace of the world? What would you say if I told you that in just a short 20 minutes a day, you can change that stressed state to one of serenity and peace? Shh! This is a well-guarded secret, and it's absolutely true. Not only true, but certifiably scientifically-based true. You can transform your life from frazzled to fantastic with a little determination and a few basic instructions. It's called mindful meditation, and it's been used for thousands of years by wise individuals worldwide. Now, all the benefits these people claimed they were receiving are being verified through rigorous clinical studies. Reduce stress? Mindful meditation can do this. Support regular heart functions? Sitting quietly in the moment can help. Gaining a new perspective on life? It's right here waiting for you to sit and acquire it. Mindful meditation is the act of being fully present in the moment, becoming aware of first your breathing, then your physical body and...



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