



Mindfulness: A Practical Guide on Mindfulness for Beginners

By Jane Peters

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Discover a Practical Guide on Mindfulness This book contains proven steps and strategies on how to be present in situations of your daily life. What would really make you happier? Finding the right person or improving our relationship. Getting that promotion or building a stronger career. Money in the bank or the mortgage paid off. The list can go on. Yet even when we get the things we think we want, there is still the sensation that something is missing. The things we believe we need don't always help us in the way we expect. Sometimes we can be so busy managing life that we are not experiencing it or not experiencing ourselves and the world around us. When we are not aware of the natural elements of life through our own senses, we slip into autopilot. Mindfulness can help us to improve our physical and mental wellbeing by helping us to improve our awareness of ourselves and our surroundings. As a tradition, mindfulness has deep roots, stretching back to thousands of years into...

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