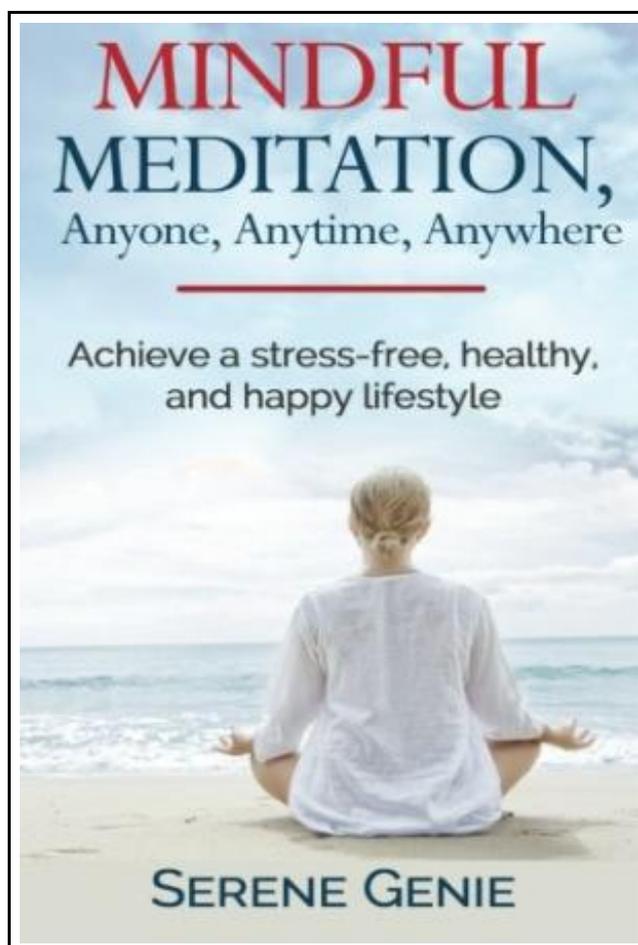


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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Mindfulness and meditation promotes well-being of mind, and subsequently the body. It helps to deal with stress, frustration, and depression, giving you a stress-free life, and promotes a healthy and happy lifestyle. BUTIs it easier said than done?Can it be done easily by anyone?Does it require a lot of time?Does it take special effort to go to a special place just to practice it? This book will make Mindful Meditation work for anyone. It does not take up a fixed and rigid schedule, or require you to go to a special place. By incorporating it into your lifestyle, you can effectively practice it anytime and anywhere! Unlike other books, it does not focus on long discussions on theory, but offers many simple-to-follow practical exercises that you can use to start practicing and almost get the benefits immediately. In addition to covering the traditional sitting meditation approach which may not always be suitable for everyone, it offers 7 alternate and easy meditation techniques which you can adopt, thus allowing you to easily practice anytime, anywhere. It also gives you practical tips so you can get the most out of your meditation sessions and letting you know if you are doing it correctly. This book is religion-neutral, and is a must read for anyone who want to better understand mindful meditation, and are serious in getting its benefits instead of just understanding them. Whether for yourself, or for someone you care about, this book aims to help people start living a stress-free, healthier lifestyle, and a happier life.SPECIAL BONUS - This book includes a FREE E-book that gives you 200 Powerful Self-Help Tips which you can practice to help you...

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