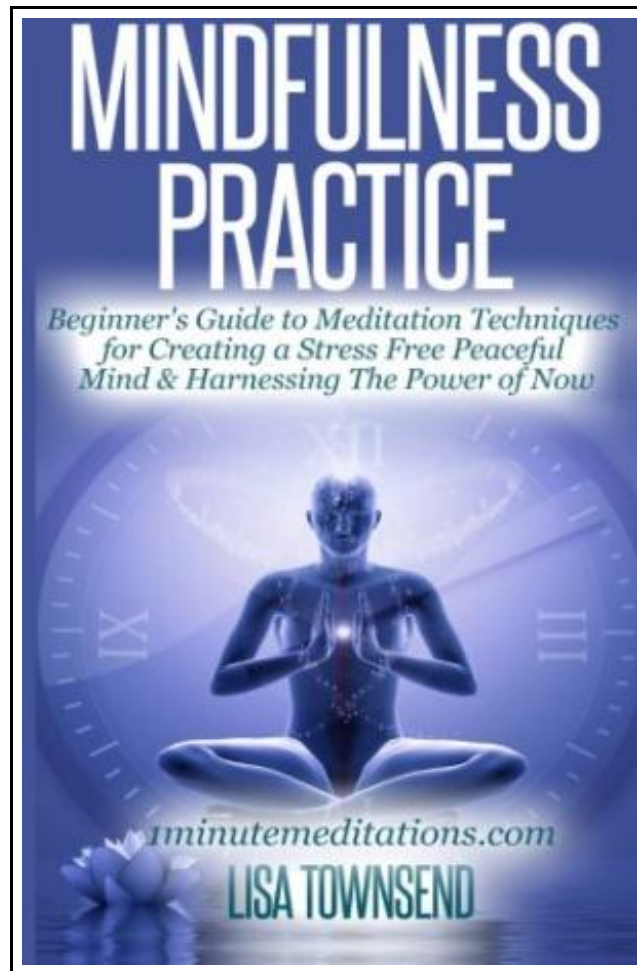


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Reviews




*This publication is definitely not simple to begin on studying but quite fun to see. It really is full of knowledge and wisdom I am just effortlessly can get a satisfaction of studying a created pdf.
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MINDFULNESS PRACTICE: BEGINNER S GUIDE TO MEDITATION TECHNIQUES FOR CREATING A STRESS FREE PEACEFUL MIND HARNESSING THE POWER OF NOW (PAPERBACK)



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Createspace, United States, 2014. Paperback. Book Condition: New. 213 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.In **Mindfulness Practice: Beginner s Guide to Meditation Techniques for Creating a Stress Free Peaceful Mind Harnessing The Power of Now**, you ll discover how to quiet your mind in one minute or less with a variety of proven meditation techniques. From mindfulness in everyday life to breath awareness and visualization, the practices in this book are designed to give anyone with one minute to spare a taste of inner peace. The great wisdom traditions tell us that who we truly are is spirit; that if you can t find God, you moved. That is, we can never really lose the deep peace, stillness, and clarity that we seek with spiritual practice - but we can lose sight of it amidst the distractions of modern life. The journey to an abiding awareness of our spiritual selves is a complex process that looks different for everyone, but at its core, it is about becoming more present, and therefore more conscious. When we are present, we have more clarity about our life situation, and more freedom of choice in how to respond. More than anything, becoming more present requires practice. In **Mindfulness Practice** we ll explore a variety of simple, tried-and-true techniques that can bring you greater clarity and peace in one minute or less. They represent a diverse range of traditions and philosophies, yet all share a common core: the ability to take your mind from frazzled to fresh, from stressed to settled, in less than 60 seconds. Here is a preview of the ways you ll learn to experience stillness of here and now: *Mindfulness practice while walking, eating, or doing almost anything else *Breath Awareness *Visualization *Meditation...

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