



## Mindfulness for Beginners: 10 Minutes a Day to Less Stress, Less Mess and Finally Finding True Inner Peace (Paperback)

By Olivia M Walker

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. What You Will Learn In This Book Have you ever wished that the world would go away? We get so many stresses and strains from our everyday life that we forget to actually enjoy the moment that we are living in. That s a fairly sad reflection of society today. We aim to get better at what we do and at the same time, put pressure on ourselves in ways that are almost punishing. In fact, if you look through the day that you have just spent, chances are that you thought more about your worries, your work, your past or your future than you did actually enjoying the moment in which you were living. We all do it because over the years priorities have changed. We see it as so important that we change and fit in with the world, rather than allowing this to happen as a natural course of events. Did you know that every time you worry, you actually stop yourself from enjoying the moment? Did you know that every time you build up a...

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