



Mindfulness: Mindfulness For Beginners: The Anxiety Cure. A Guide to Replacing Worries, Anxiety and Negative Thoughts with Happiness and Fulfillment by Using The Power of Mindfulness

Henry Hill

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Mindfulness: The Anxiety Cure

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NEW IMPROVED VERSION

SURPRISE BONUS INCLUDED AFTER CONCLUSION

You're About To Discover The Step-By-Step Way To Get Rid Of Anxiety Through Mindfulness

Live In The Present

Get rid of anxiety through practicing meditation and mindfulness. Many people are constantly going from day-to-day without taking time out for themselves. Time goes by faster than ever, and before you know it life has passed you by. Only then you will have noticed how you could have enjoyed life more by living in the moment. Don't chase the carrot, learn to enjoy the present.

The key to happiness and fulfillment is living in the present through mindfulness. That is the way to slow down life and enjoy it's fleeting moments..

Why Learn About Mindfulness?

- Reduced rumination
- Stress reduction
- Boosts to working memory
- Focus
- Less emotional reactivity
- More cognitive flexibility
- Relationship satisfaction

Here Is A Preview Of What You'll Learn...

- How to Eliminate Distractions
- The Power Of A Breath
- How To Be Aware Of Your Thoughts
- How To Appreciate Your Awareness
- Alternative Methods To Mindfulness Meditation
- The Benefits Of Mindfulness Meditation
- Practicing Mindfulness Meditation
- Using the techniques – Negative Thoughts and Mindfulness
- Using Mindfulness Meditation to Release Negative Thoughts
- Using the techniques – Worry and Mindfulness
- Using the techniques – Anxiety and Mindfulness
- Creating Lifelong Mindfulness Habits
- Living a Mindful Life Each Day
- Much Much More!

What Others Are Saying...

"The best book ever on alleviating and reducing anxieties and worries while focusing on positive mindfulness! " - Amazon Customer

"This was a very inspiring and uplifting read. Reading this book alone has made me relaxed (after a really busy and stressful day! Thanks!!!" - Marta M

"Writing in an informative, highly engaging manner, This book shares considerable wisdom in both compassion-based practices and behavior therapy. In this book, you will find a broad contemporary understanding of anxiety and a host of very, very practical ways to come into a more compassionate relationship with anxiety." -Stef Mckinley

"I love how the author was able to relate to people regarding their issues on Anxiety. This book shows us that mindfulness and meditation are key in getting rid of anxiety. Well detailed, well explained and well written. Great read! " - Des Lasola

30 Day Money Back Guarantee Included

Scroll up and download your copy today!

Take action today and download this best-selling book for a limited time discount of only \$2.99! Remove your anxiety and live happily in the present like you did as a child!

Tags:Anxiety and Mindfulness, Anxiety, Mindfulness, Anxiety Cure, Mindfulness Meditation, Negative thoughts, Happiness, Fulfillment, Living in the moment, Meditation, mindfulness for beginners, mindfulness exercises, mindfulness books, mindfulness for life, Mindfulness techniques, Mindfulness therapy, Meditation techniques, Buddhism, Meditate,

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Stephen Thrush:

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Linda Hill:

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Grace Harrell:

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