



Mindfulness: A Beginners Guide to Finding Inner Peace Free From Fear and Anxiety Using Mindfulness Techniques (Mindfulness, meditation, beginners guide, stress relief)

Robert Davies

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These days mental health issues and stress related illnesses are on the rise. This is partly due to the frantic, demanding, stressful lifestyle that has become part of our modern day life. As a result there has never been a better time to resort to the wisdom of the ages to find inner peace and harmony. This beginners guide to mindfulness will give you the tools you need to begin your journey towards a more harmonious and tranquil life. Mindfulness is about living in the present moment free from fear and anxiety. It is a way of being and the proven benefits associated with this practice are phenomenal. This book will explain the theories behind mindfulness meditation and how to implement easy to follow techniques into your daily routine. Start implementing these practices now to enrich your life and those that you come into contact with.

What You Will Learn...

- Understand what mindfulness is and the benefits of practicing this form of meditation
- The three most important aspects of mindfulness
- Mindfulness meditation techniques
- How to incorporate the practices into your daily routine
- Traditional meditation practices
- And Much, much more!

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