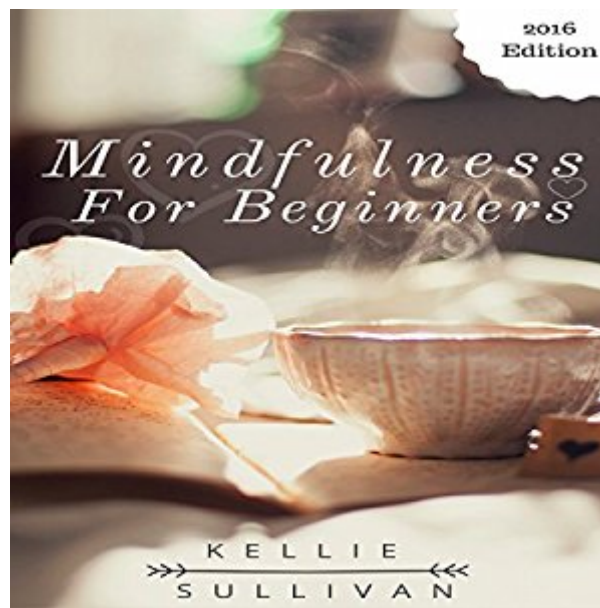


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# Mindfulness: 50 Easy Mindfulness Exercises For Beginners To Live In The Moment And The Art Of Letting Go



## Synopsis

The powerful secrets to mindfulness revealed! A short listen with easy-to-apply practical tips and powerful knowledge that will help you in no time. Have you ever wished life would just slow down? Have you ever felt like you are racing the clock? I bet everyone has at one point or another. We get stressed, frustrated, and angry over something we can't change. Life will never slow down so to speak, but we can accept this and become mindful of ways to approach this problem. This book will give you insight into a world of mindfulness. With over 50 examples and tips, mindfulness will become second nature to you. You will be observing the world around you and figuring out things you never knew. You will feel strong, relaxed, and happy at the end of the day. Tired of having a chaotic lifestyle and feeling lost all the time? Are you ready to make that change? Here is a preview of what inside the book: Definition of mindfulness Different categories of mindfulness Examples of mindfulness exercises Positives of mindfulness Letting go Changing your life A how to guide to being mindful And much, much more!

## Book Information

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## Customer Reviews

I HIGHLY recommend this book as a means of not only calming your thoughts and to help you focus on your life and the things that truly matter, but more importantly to maximize your happiness and enjoyment of the years you have left to you. This is truly the easiest way I have seen to change your thinking and turn you from someone who is "pre-living the future and re-living the past" to someone who can effectively live in the moment.

I never thought that being mindful of everything (even of pains) will help release the stress I'm facing everyday. What with work, and taking care of the kids while helping some house chores, my daily life is full of stress and even anxiety. I tried some of the exercises in this book while reading it and they are indeed workable, especially when it comes to letting go of the past wherein I thought the pain is intolerable. Apparently, doing these exercises of the mind can freshen me as a whole person and make me relax to the point that it even helped me manage my anger and prolong my patience unlike before.

The one thing that attracted me to this book is that it is relatively short. When I read a self help book I want one I'll read and comprehend everything that the author says. This book is particularly good because the author leads you through very specific steps to really understand mindfulness and how you do not just apply it to your life but how to make it part of who you are. Mindfulness is something I want to embrace in my life; I believe it is something that will make my mindset advanced and improve my perception of life and my surroundings.

I have read a lot about mindfulness but for this book, I specifically liked the mindfulness exercises, and the ways of staying positive in all aspects of life, this will help you to have a willingness and the right Attitude to handle life challenges that will determine whether your fate and destiny in whatever field or dream you wish to attain in your life.

It is indeed stressful the worries and troubles we get in our everyday lives. There are just a lot of problems, sometimes, so hard we thought of giving up. Recently, I was so down because I wasn't passed in an exam for a job application, and got sick. I thought to myself, "when it rains, it pours", and thought life is really unfair and just so hard. My friend suggested this book for me, to be able to get every day a positive one. And little by little, I did see the positive side of the world, of the problems I am going through. And now I am more equipped to face a lot of problems, I know I can do it, thanks to this book.

Amazing book, I recommend it to you. Deep awareness of immersion in what is happening is an important point, but it can lead to stress. This book will teach you to do it more quietly and thoughtfully, more positively. Here is a concrete and concentrated information, what to do in order to cope with stress and anxiety, relax and start getting more out of life with joy, pleasure, happiness. Good, pleasant and useful reading for all.

In Kellie's book that you can see and is certainly reliable. This book it more quietly and thoughtfully, it will teach you more positive. Here is a concrete and focused information, what order, to cope with stress and anxiety comfort and joy, in life and start getting more out of what to do. For all the good, pleasant and useful reading.

A true successful person is mindful of their thoughts and surroundings. By doing that they are able to play smart and to their strengths. This book teaches you how to be more mindful so in turn you become happier and more successful in life.

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