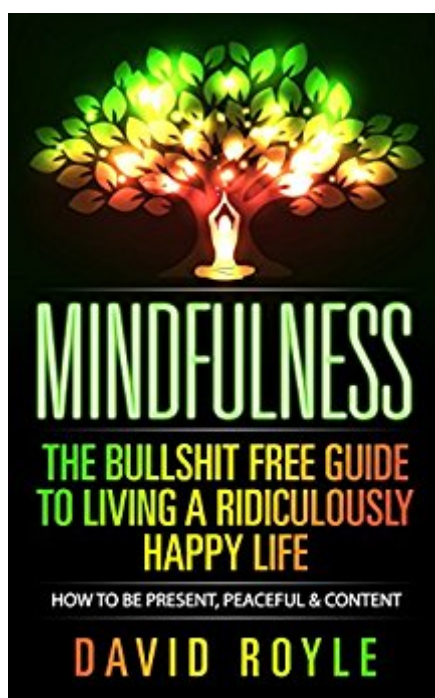


The book was found

MINDFULNESS: The Bullshit Free Guide To Living A Ridiculously Happy Life - How To Be Present, Peaceful & Content (Transcendental Meditation, Yoga Poses, ... Stress Reduction, How To Be Happy)



Synopsis

Find Your Joy In A Mindful Journey Your Ultimate Guide To A Renewed Life! Read this book for FREE on Kindle Unlimited - Download Now! Do you know what it means to be mindful? Do you know that being mindful has plenty of benefits and improves an individual's well-being? In the midst of a fast paced life, we tend to stray away from what really matters. We forget the essence of who we are by being preoccupied with the things that are happening around us. It's not a bad thing to focus our energy on work, family and friends. However, we can benefit more from the focus we give to our thoughts. This book, *Mindfulness: The Bullshit Free Guide To Living A Ridiculously Happy Life* - How To Be Present, Peaceful & Content will change your perspective and life! And sometimes, that's just all we need. This will give you a breath of fresh air and develop you to become your best self. David Royle, the author of this book will talk about: What Is Mindfulness? Are You Being Mindful? Techniques And Practices Proof Of Mindfulness Efficacy Implementing Mindfulness In Your Everyday Life Words From The Mindful Mindfulness takes a lot of practice, and this book will be your ultimate guide in learning techniques that will give you both physical and mental health. When you follow the steps found in this book, you will slowly see the change that will take place in your life! It's all about being satisfied with every aspects of life! Plus, it will diminish the stress that you currently have and improve overall well-being! So hurry up and grab your own copy! It's a must-read handbook that you won't want to miss! Simply scroll up and hit the BUY button. You deserve it! Enjoy!

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Customer Reviews

This very short (less than 30 pages) document is useless. It includes only very basic and trivial information. You can read within an half an hour. Nothing here that I didn't already know or that is readily available for free online. I'll return this book. Don't waste your time and money.

The information is minimal in this very short book. I was expecting more in-depth information. I thought I was reading a free brochure available in a doctor's office. Stay away from this one. There are better books out there.

Not what I expected. Too short and not practical. This book alone will not get your started with real mindfulness practice. Choose a better book.

A good book that talks about being in control of your thoughts, feelings, bodily sensations and the surrounding environment in order to lead a more content and happy life. The author has meticulously outlined the techniques and practices for readers to adopt to achieve mindfulness and how to implement it in their daily life. You may find that the ideas presented are similar to meditation, and you are right as Mindfulness is a form of it. Give it a read to have a better insight on mind over matter.

The exact definition of mindfulness is non-existent. But for me mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and the surrounding environment that we have. In this book we could find practical definition, tips and techniques to achieve a peaceful and happy life.

This book is a complete and brief guide about Mindfulness. In this modern age people are normally suffering due to stress and anxiety because of too much responsibilities. This book provides full motivation and counselling in giving you peace and comfort. This book manifested through meditation and yoga practices can get mindfulness and peace. This book helps me through

practicing meditation with given tips and strategies. I do recommend this book to all!

The book contains a perfect summary of what mindfulness is and explanation of the simple techniques about it. This book will help you to achieve a more comfortable and peaceful life. Relieve stress, anxiety, and more by reading this book about mindfulness! A very great book for all. Youâ™ll surely learn so many things from this one. The book is helpful in the best way. I enjoyed reading it. The author chose the right topic! Iâ™m glad to read this one. Wonderful book!

One of the few books that has greatly deepened my meditation practice. Something switched on in me after reading the book and I evolved from a concentration based meditation practice to an awareness based practice of my own accord. A treasury of practical advice and insights. This will help others make mindfulness a life practice. Deserves to be read more than once and will be referred to again and again.

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