



Mindfulness: Meditation For Beginners - Stress Free Body, Depression And Anxiety Relief (How To Meditate, Anxiety Relief, Stress Free, Depression Relief, Inner Peace, Happiness)

Rogan Jones

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Learn MEDITATION Easy And Eliminate Stress And Anxiety. Benefits: Stress Free Body And Mind, Weight loss, Self-Esteem, Inner Peace, Happiness, A Healthy Body And Much More

This book has actionable information on how to combat stress, depression and anxiety through mindfulness meditation.

Our modern lives are chaotic and full of inconveniences. The situation is so chaotic that between taking care of the kids, spending time with your spouse, and the need to perform well at work, it can be easy to get lost and lose yourself along the way, and start living on autopilot mode where you mindlessly watch as life passes you by. Well, life doesn't have to be that way of course; you can ground yourself and be in the present where you stop worrying about an uncertain future or regretting about the past.

Nonetheless, living in the present moment can be more challenging than it first appears. You may probably be thinking, "But I am always present." Well, the truth is that our mind is under constant bombardment from overwhelming, overlapping thoughts from our past, present, and future all day long. Think about it; how many times have you noticed that you actually don't remember anything or anyone you saw during your morning, evening or regular commute? It is not that you were asleep; your mind was just too far off planning your retirement, analyzing your spouse's actions, thinking about kids, thinking how you messed up at work or in a previous relationship, worried about how you may lose your job, worried about your money, health and so much more.

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

- Mindfulness for Beginners: An Unabridged Understanding
- When And Where Did Mindfulness Start?
- How to Practice Mindfulness

- Mindfulness Meditation Techniques
- Body Scan Meditation
- How to Practice Loving Kindness Meditation
- How to Live a Mindful Life: Tips
- Develop a Mindful Evening Routine: How To
- Much, much more!

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