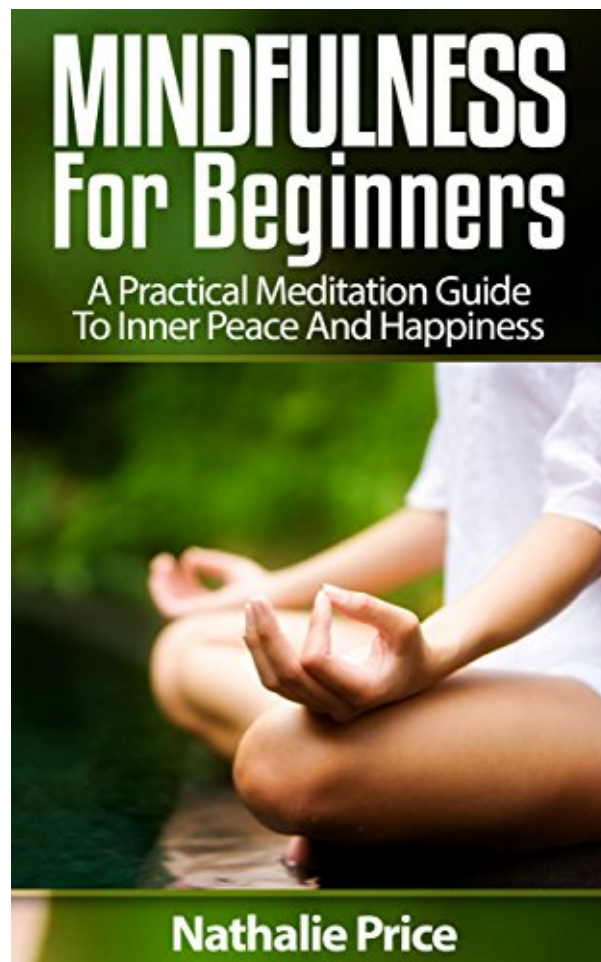


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Why Mindfulness Meditation?

Mindfulness is all about looking at the positive side of life and relieving stress and anxiety.

Mindfulness is all about living in the present moment and taking control of your thoughts.

Mindfulness can improve your physical and mental health.

-Why Should You Purchase And Read This Book?

This book will teach you about creating a life of peace and happiness, about getting control over your life and becoming the person you've always wanted to be!

The meditation exercises will improve your physical and mental health and the Mindfulness exercises will improve your focus in daily life.

This book will contains extensive information on the practice of mindfulness as well as proven steps and strategies on how to implement them.

Mindfulness for Beginners will teach you to live in the present moment, the importance of focus and how to reduce stress by teaching you to maintain mindfulness in daily life!

Mindfulness is defined as a “state of the practice of maintaining a nonjudgmental state of heightened or complete awareness of one's thoughts, emotions, or experiences on a moment-to-moment basis”.

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