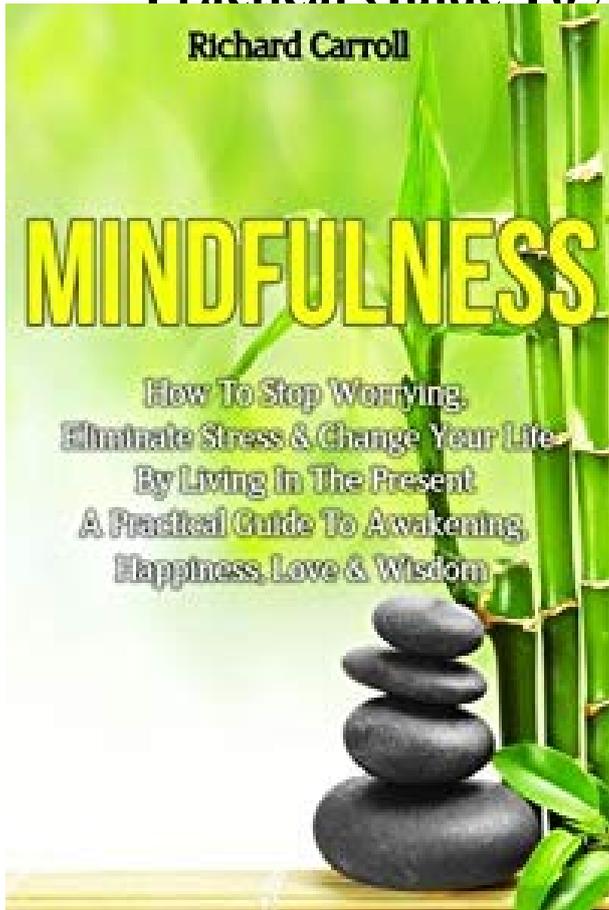


# Mindfulness: How To Stop Worrying, Eliminate Stress & Change Your Life By Living In The Present - A Practical Guide To Awakening, Happiness, Love & (Thinking, Emotional Freedom)



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Mindfulness: How To Stop Worrying, Eliminate Stress & Change Your Life By Living In The Present - A Practical Guide To Awakening, Happiness, Love & Wisdom Today only, get this Amazon bestseller for just \$0.

99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device. \*\* This book is available free for Amazon Prime members.\*\* This book contains proven steps and strategies on how to reduce stress, bring back positive living, and enjoy life again through the practice of mindfulness.

Never in your life will you find a better way to achieve a peaceful mind and happier life but through the practice of mindfulness. And this book in your hands will be your guide. It is a busy, busy world out there. You do your job while you think of your financial dilemmas; you wash the dishes while you keep careful watch of your kids. Your energy is being drained so fast and you do not notice it, until you are already stressed

out. Stress is one of the greatest adversaries of life. Once you are under it, life can't just be as peaceful and enjoyable anymore as it should be. So, should you just let stress hinder your life's serene flow? What if I tell you that you can fight stress on your own? Mindfulness is possibly the key to the stress-free and enduring life you deserve. Seriously, if you do not practice mindfulness, you've been missing one of your greatest abilities. Mindfulness is a centuries-old form of meditation, which involves "paying attention in a particular way; on purpose, in the present and non-judgmentally." It was first brought to attention by Jon Kabat-Zin, the founder of Mindfulness-based Stress Reduction program at the University of Massachusetts Medical Center. Today, mindfulness is being used as an effective cure for different chronic and psychological disorders and stress is only one of the problems it can effectively cure.

This book is dedicated to help you use mindfulness as an effective stress-fighter.

This short book contains the essentials of mindfulness: tips, rules, and exercises that you can use to achieve the enduring life you aim. Here Is A Preview Of What You'll Learn...

Mindfulness and Stress The 3 Essential Rules Different Mindfulness Exercises for Fighting Stress Much, much more! Download your copy today! Mindfulness and Stress Mindfulness is a 2500-year-old form of meditation. It was first an essential part of many famous philosophies such as Taoism, Yoga, and Buddhism.

Now, mindfulness has been in the spotlight of Western psychology. It is well known for its clinically proven abilities that cure chronic pain, substance abuse, PTSD, OCD, borderline personality disorder, depression, anxiety disorders and of course, stress. It is used worldwide by teachers, workplace consultants, coaches and psychologists to develop the utmost presence to the here-and-now.

Mindfulness is the pathway to a greater consciousness. Greater consciousness is the road to a peaceful mind, which is the pathway to happiness. And happiness is the pathway to the healthier spiritual, mental, and emotional aspects of life. Mastering mindfulness is not a one shot process. But the process itself has its own purpose. The process of mindfulness puts emphasis to slowly learning because no shortcuts will make you adept at it until effort, dedication, time, and attention is devoted to it. Take action today and download this book for a limited time discount of only \$0.