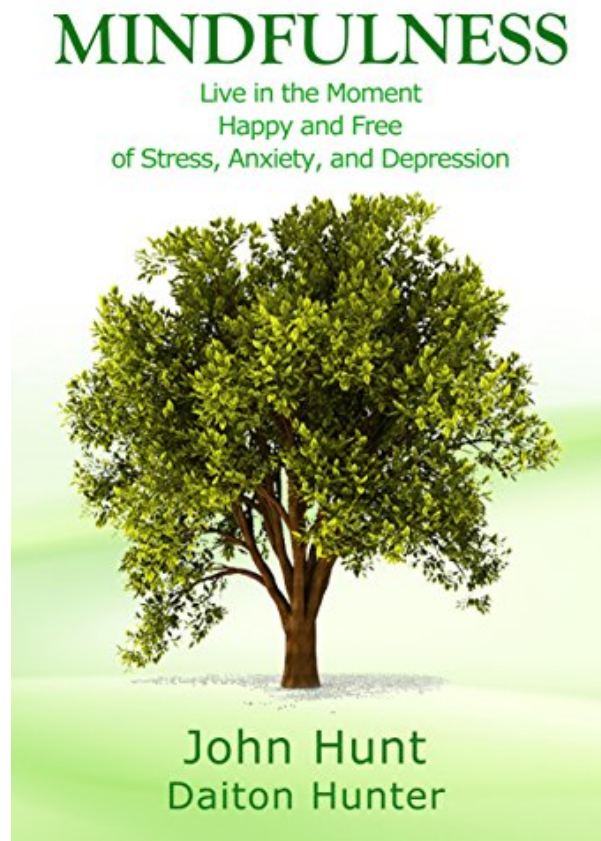


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MINDFULNESS: LIVE IN THE MOMENT HAPPY AND FREE OF STRESS, ANXIETY, AND DEPRESSION BY JOHN HUNT, DAITON HUNTER PDF

Forget all your worries and be a happier person! Welcome MINDFULNESS into your world!

Do you feel like stress is taking over your life? Do you struggle with anxiety or panic attacks? Is your mind always running—constantly obsessed? Does depression have a grip on you? Well, maybe it's time to tackle these hindrances to happiness—and get on track to becoming a happier and more peaceful person!

But what are you supposed to do? How will you change your life, your thoughts, your feelings, and your happiness? How? By living in the moment. Mindfulness shows you how.

Mindfulness: Live in the Moment Happy and Free of Stress, Anxiety, and Depression will help you add mindfulness and all its benefits to your life—including peace and happiness! With the help of this book, you'll learn:

- What mindfulness is
- How it began
- Why it's so beneficial
- What are its foundations
- What are the attitudes of a mindful person
- How to practice mindfulness meditation
- What is the end goal of this meditation
- Various kinds of mindfulness exercises, including sensory awareness, body sensations, emotional mindfulness, and more
- How to incorporate mindfulness into your everyday life
- And a whole lot more!

Don't let your mind trick you into thinking that life isn't great. There is much more to live for. You can live well... really!

It's time to start controlling your mind—instead of it controlling you!

This book will open up your mind to the beauty of the moment, and open your eyes to things you have never appreciated before. It will allow you to live in the moment—and to be happier and free of stress and depression!

With mindfulness, you'll put your problems in their proper place—and start living!

Download this book and live your happiest life now!

- Sales Rank: #628748 in eBooks

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- Released on: 2015-10-13
- Format: Kindle eBook

Most helpful customer reviews

2 of 2 people found the following review helpful.

Mindfulness... The focusing Of The Mind!

By Tag Powell

Mindfulness... The focusing Of The Mind! The author provides unique methods of awareness with techniques of relaxing the mind. His process might be compared to centuries-old religious meditation or the popular meditation training at the turn of the year 2000 like Transcendental Meditation or Silva Mind Development. Modern day doctors use this Mindfulness to reduce stress and control cardio problems plus many other areas of good health.

Today our lack of concentration is causing many problems in our life. We reach for heavy hot spices rather than having the abilities to enjoy the more subtle tastes. Everything is rush, rush causing frustration from anything not quickly performed.

This book takes you into your mind and developing the abilities to focus yours on a specific area in a relaxed state. You can improve your problem-solving abilities, become more creative. The possible areas of improvement are vast.

The author a Mindfulness expert steps outside the standard relaxing while motionless into what I would call Active Mindfulness. Where you focus on the world around you as you analyze smell, feel, sound, and music while moving around. A very informative experience.

Use this book to learn how to focus your mind, it will improve all areas of your life.

Recommended!

2 of 2 people found the following review helpful.

A Wonderful Guide to Mindfulness, and removing stress from your life.

By Kim L.

You often hear people talking about "living in the moment" and "appreciating what you have, even the bad things." It's great to say, but what does it mean? And I am pretty sure you're thinking, "How can I do it?" That's where mindfulness comes in. This book will help you become truly and effectively aware of everything – your body, your surroundings, your food, your actions and your thoughts. And that awareness can bring you amazing benefits – in peace of mind, in health, and in simple enjoyment of your life. There are simple explanations on how you can start to apply mindfulness, and on exactly what to do to make it a part of your life, each day. I can't recommend this practice highly enough! Do yourself a favor, and read this book.

0 of 0 people found the following review helpful.

Counter Destructive Emotions Like Anxiety And Depression

By DayFish

This is a useful, practical book dealing with how to combat stress and defeatist thinking when it threatens to get the better of you, giving you a feeling of not being able to cope, making you want to give up. As the saying goes, it's all in the mind. This book shows how you can tame destructive emotional factors like stress that threaten to ruin your life.

The objective of this excellent book is to turn negative thoughts into positive energy by awareness and by learning how to focus and improve concentration. The essence being that a healthy mind leads to a healthy body and more life enjoyment.

It is also a nicely written and easily understandable practical guide to inner contentedness.

The central argument of this work is that you have to understand your emotions in order to control them and turn them into positive energy/thinking. Like improving your patience by understanding what is going on and trying your patience – this is positive thinking. The exercises in this book will help you become a positive thinker and lead you to becoming a more settled person.

Oscar Wilde once said, for example, that the best way to avoid temptation (a destructive thought) is to give in to it. Now there is another way. Mindfulness.

Practice what this book preaches and you'll enjoy your life more.

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