



Mindfulness: How to Live in the Moment, Find Peace and Happiness

Roy Erickson

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Mindfulness

How to Live in the Moment, Find Peace and Happiness (Mindfulness for beginners, Mindfulness exercises, Meditation)

Book Description

'Mindfulness: How to live in the moment, find peace and happiness' is a book about attaining real peace and contentment from life. This book will teach you to focus on your present. It will help you to stop brooding about your past and future.

Through this book I've tried to bring out the best aspects of mindfulness. The chapters of the book discusses about focusing on your 'now', and embracing new hopes. This book tells you that there's no point in worrying about things when worrying cannot change anything happening around you. It tells you to concentrate on everything you're doing at the present moment. It teaches you to slow down on things and catch a break from your hectic schedule.

Very often, many of you feel that mindfulness can be really tough with some long-drawn exercises. I've broken this myth with some easy and simple exercises that can be performed by one and all. I have dedicated an entire chapter of the book explaining some hassle free mindfulness exercises that'll not take more than 5-6 minutes of your day.

This book also expresses a very alternative approach to meditation. Here, I've explained why doing meditation is essential and how you should get started with it. Following are the chapters of the book. Have a look

Chapter 1- Living in the moment; Focusing on the 'now'

Chapter 2- Accepting things that we cannot change and embracing hopes

Chapter 3- Doing it slowly, doing it less and putting space between things

Chapter 4- Gaining inner peace and happiness

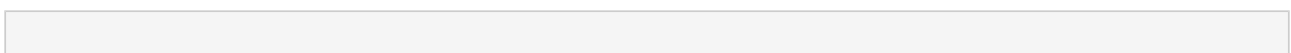
Chapter 5- Mindfulness and meditation

Chapter 6- Easy mindfulness exercises that you can try right now

Simply go through these chapters to know better about mindfulness, meditation and gaining inner peace. The guidelines here are extremely easy to follow and you'll also love the simple exercises I've mentioned here.

Happy reading!!

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Kellie Smith:

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Eva Pham:

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