



The Mindfulness Beginner's Bible: How to Live in the Present Moment, Relieve Stress and Find Happiness (Paperback)

By Tai Morello

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Discover why Emma Watson, Angelina Jolie and Oprah Winfrey all incorporate the life-changing practice of mindfulness into their daily lives. Do you sometimes feel stressed, anxious, lonely and depressed? Are you always up in your head, constantly dwelling on the past and worrying about the future? Do you want to live a more productive, stress-free and happier life? If so, you've come to the right place. With The Mindfulness Beginners Bible, you will embark on an inner journey that will take you back to the state of peace, joy and happiness you were born to inhabit. In modern society, most of us suffer from a condition called compulsive thinking. We have this hysterical inner voice that is constantly jumping from one thought to the next, obsessing about every little detail that could go wrong, complaining, comparing and criticizing everything and everyone. Most of us have become hostage to the whims of our minds, to the point where we even identify with the mind, not realizing that we are not our thoughts, when in reality we...



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