



Mindfulness (Mindfulness For Beginners, Meditation, Present Moment): Anxiety Relief & Stress Reduction (Self Help, Stress Relief, Anxiety Relief)

Coral James

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Mindfulness: Learn to live in the Present Moment

Learn How To Use Mindfulness To Reduce Stress, Anxiety And Bring More Peace Into Your Life Today!

Is stress and anxiety making your life hell?

How much of your life is passing by without notice from distracted thoughts? Why is it so hard to be live in the present moment? Do you ever lose hours in your day and wonder where they went? Life can cause stress and anxiety. The mind is traveling at light speed and sending thoughts through almost faster than you can keep up with. They serve to distract from being immediately consciously present, especially when they are negative and worrisome. A constant barrage of non-productive negative thoughts can lead to stress, anxiety, depression and eventually begin to adversely affect your overall health.

Download this book NOW and discover:

What Mindfulness Is All About

How Mindfulness Works

The Best Way To Use Mindfulness To Improve Mental, Emotional And Physical Health

How To Increase Peace And Focus With Mindfulness

How To Practice Mindfulness For Beginners

Quit missing out on life by allowing intrusive and distractive thoughts make you lose focus of what really matters. Learn how easy it can be to increase your ability to be consciously present and get more out of your life TODAY!

Tags: mindfulness, meditation for beginners, present moment, stress relief, anxiety relief.

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