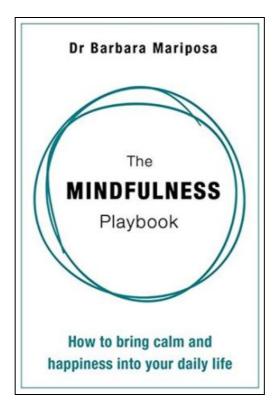
The Mindfulness Playbook: How to Bring Calm and Happiness into Your Daily Life



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Reviews

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(Taylor Medhurst)

THE MINDFULNESS PLAYBOOK: HOW TO BRING CALM AND HAPPINESS INTO YOUR DAILY LIFE



Teach Yourself. Paperback. Condition: New. 192 pages. In this concise, readable book youll learn useful, do-able skills that you can integrate into every aspect of your life for stress-free success. It will: - give you tools and skills to manage stress, reduce anxiety and deal effectively with the pace and pressure of 21st century living. - demystify the most important aspect of what drives us, our relationships and our decision-making - our feelings. - explain how you can change the way your brain is wired to move effortlessly towards a fulfilling life of clarity, focus and balance. This short reassuring book is rich in science but low in jargon. It is underpinned by a model which provides proven solutions for combatting stress, anxiety and burnout. The simple, easily learned mindfulness techniques will enable you to rewire your brain and participate fully and enthusiastically with life. What makes this book unique is the easy to grasp way it explains key aspects of being human, our awareness of ourselves and our feelings. It shows how to live in the present, how mindfulness works in the brain and how to live a happier life. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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