

Introducing Mindfulness: A Practical Guide

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Reviews

Very helpful for all type of individuals. It is amongst the most incredible ebook i have got study. I am just very easily could get a satisfaction of reading a composed publication. (Mikayla Romaguera)

INTRODUCING MINDFULNESS: A PRACTICAL GUIDE



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Icon Books Ltd. Paperback. Book Condition: new. BRAND NEW, Introducing Mindfulness: A Practical Guide, Tessa Watt, Mindfulness is growing in popularity as a technique which teaches us to appreciate our life. This Practical Guide explores how to listen to your body to reduce stress and anxiety in all areas of your life; how to focus better at work by becoming more aware of what is happening in the present, and how to enjoy life more by bringing mindfulness into everyday actions. Free of jargon but full of straightforward advice, case studies and step-by-step instructions, this is the perfect concise start to making you happier, more focused and stress-free.

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