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MINDFULNESS EXPLAINED: THE MINDFUL SOLUTION TO STRESS, DEPRESSION, AND CHRONIC UNHAPPINESS



Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Mindfulness Explained Do you struggle with peace of mind? Do you wish there was a way to finally manage stress and achieve peaceful living? To boost your mood, your health, and your spirituality? To enrich your life through mindfulness meditation and relaxation techniques? Are you ready for a more fulfilling life? For a whole new perspective? If any...

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- Authored by C K Murray
- Released at 2014



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