

Quiet Thoughts, Calm Mind, the Natural Way: Traditional Simple Practices Such as Abdominal Breathing, Mindfulness, and Meditation to Quiet Thoughts for a Calm, Peaceful Mind (Paperback)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Peace of mind is an important aspect of personal health, but it is a blessing we often think of as impossible given the hectic nature of modern life. We re not the first generation beset by anxiety, however. Life has always included stress. In response, people have practiced simple but effective techniques to achieve physical and mental relaxation. In Quiet Thoughts, Calm Mind, the Natural Way, Mercedes Trost introduces you to six mind-calming practices you can begin to use immediately. Some are centuries old. Others are relatively new but no less effective. All can produce peace and tranquility when practiced regularly. Trost covers the basic exercises you ll need to achieve inner peace. She also includes a brief history of each practice, scientific evidence supporting each one s efficacy, and the benefits you can expect from regular practice of the exercises. You ll discover breathing patterns, mindfulness meditations, and the importance of gratitude-as well as autogenic training and the emotional freedom technique. Explore these six practices, and find the ones that work for you. With peaceful minds, we can live happier, healthier lives without the crushing weight of anxiety or the physical consequences of stress. Quiet your thoughts, and discover the joys of relaxation and a peaceful mind.

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