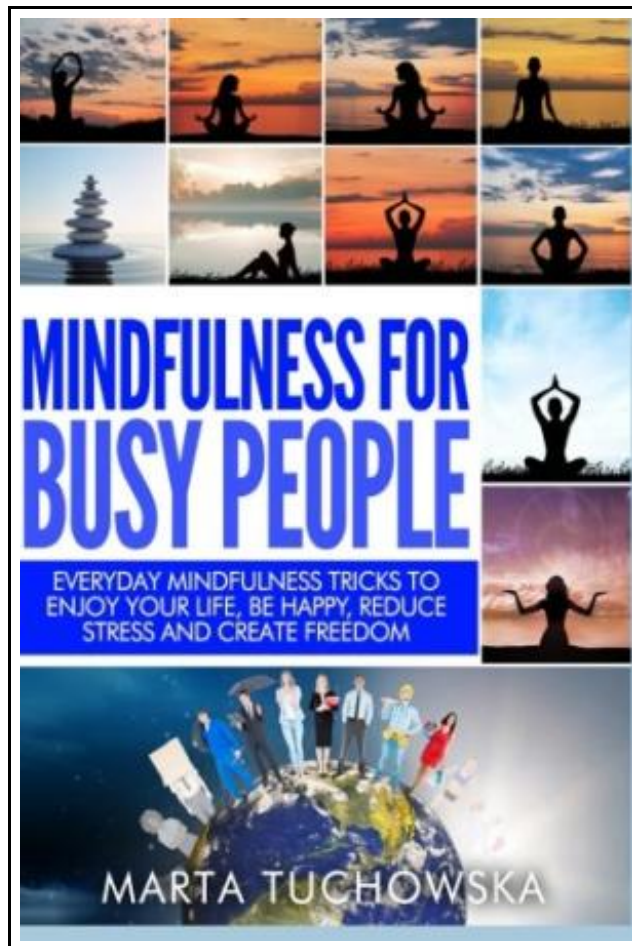


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## **MINDFULNESS FOR BUSY PEOPLE: EVERYDAY MINDFULNESS TRICKS TO ENJOY YOUR LIFE, BE HAPPY, REDUCE STRESS AND CREATE FREEDOM (PAPERBACK)**



Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Mindfulness for Busy People - Learn How Mindfulness Can Make Your Life HAPPY AND EXCITING! Personal Success and Happiness Start with Mindfulness and Awareness \*\*Limited Time Offer! FREE GIFTS INSIDE: Link to download the audio version of this book (read by the author) + guided meditation + surprise gift for FREE!\*\* Do you want to create a holistic wellness lifestyle but think you don't have time to get into it? Did you know that thanks to a few simple mindful habits you can actually achieve wellness, feel more focused, happy and enjoy life even on a super busy schedule? You are just about to explore a set of simple yet powerful practices that you can incorporate into your daily life to help break the vicious circle of negativity, stress, anxiety, worry, insomnia, low energy levels and information overload. You are just about to experience the unstoppable sense of happiness and peace of mind. You are just about to understand how amazing it feels to be mindful and how easy it is to create an active yet stress-free lifestyle that leads to personal success that you have always wanted. Ready to energize your body, mind and soul with some powerful, modernized, 21st century mindfulness techniques? Thanks to Mindfulness for Busy People you will learn over 30 simple yet effective tips, habits and tricks that will help you design your life in a truly holistic way. Here's a short preview of what you are just about to dive into: - How to start your day feeling amazing, focused and full of energy - Mindfulness as the best kind of natural coffee for your soul and emotions - How...



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