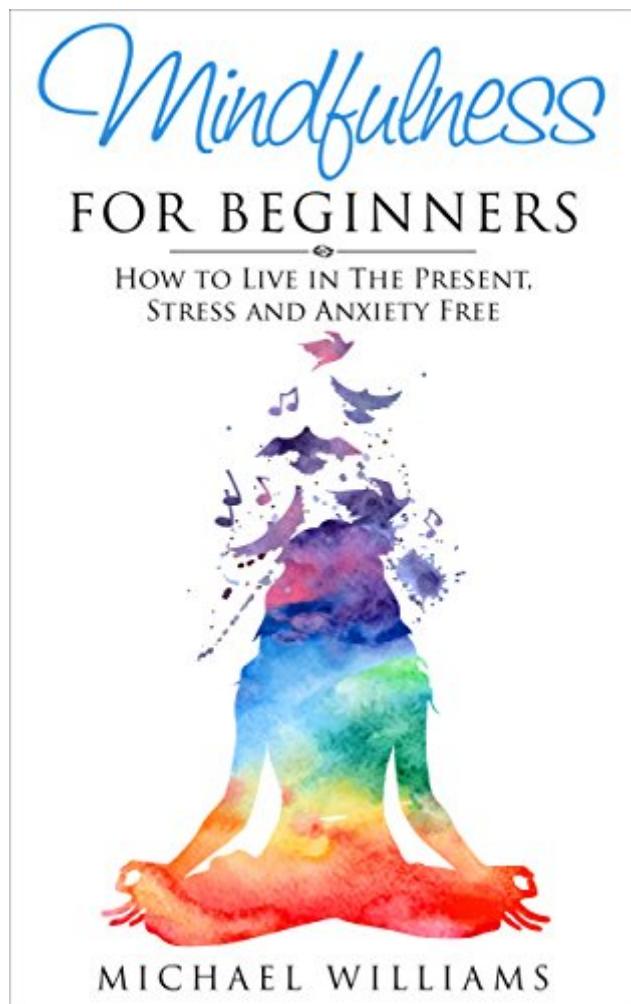


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# **Mindfulness: Mindfulness For Beginners: How To Live In The Present, Stress And Anxiety Free (FREE Bonus Gift Included)**

## **(Mindfulness, Meditation, Buddhism, Zen)**





## Synopsis

"He who knows others is wise; he who knows himself is enlightened.â • â • Lao TzuReject stress. Employ mindfulness. Accept peace. Do you find yourself often feeling run down and ragged? Are you overwhelmed by the everyday stressors of modern life? Are you all too often faced with anxiety and uncertaintyâ "in lieu of serenity and security? Learn to let go of your worries and free yourself from anxiety in *Mindfulness for Beginners*, a new and refreshing guide for authentic living. Mindfulness employs focus and intent on oneâ "TM's own thoughts as a means of exorcising problems and pursuing happiness and peace. This ancient practice has deep roots in Buddhism and dates back over 2,500 years. Practicing mindfulness has the power to change your life through its ability to remove unhealthy and useless thoughts and replace them with openness and self-awareness. Focusing on the benefits of meditation, presence, and slowing down the pace of oneâ "TM's life, this guide seeks to uncover the secrets of living a life infused with compassion and gratitude. Hereâ "TM's what to expect in the *Beginnersâ "TM* guide: A thorough understanding of what mindfulness isâ "and what it is NOTThe art of meditation and its many benefitsHow to live in the present How eating and drinking slow can improve your lifeA guide to becoming stress and anxiety freeHow to make a meditation plan and stick to itLearn to let go of your past once and for allApplying mindfulness both in the home and the workplace And much, much more! Outlined as a roadmap for connecting oneself to the present as opposed to an escape from reality, this book is full of practical recommendations for moving forward in life on the path to becoming whole. So if youâ "TM're ready to transform your mind into a peaceful haven for positive thinking, then this guidebook is for you. Get your copy of *Mindfulness for Beginners: How to Live in the Present, Stress, and Anxiety Free*, today! Free Meditation & Yoga Bonus Gift Inside

## Book Information

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## **Customer Reviews**

This book has to be the biggest disappointment I have ever experienced about a book. Extremely short and vague, oversimplifies things. Too basic.

This booklet is poorly written and edited and includes extremely basic information only. The author does not know how to write a book. I think he's just a casual blogger. Just search the internet and you'll get more valuable information. Save your money.

This short document reads like a short pamphlet usually found in a doctor's office. You will find only basic information, something you can learn by reading the introduction of longer book by a real author on the topic. You won't be able to start practicing real meditation with just reading this document. You'll end up buying another book on this topic to get started. Save your money and invest on a better book.

Poorly, or not edited. Full of typos and grammatical errors; NOT full of helpful information.

Really bad. Waste of money. It suggested things like smelling cat poop(!?) while being extremely US centric and condescending.

I have studied and practiced mindfulness for over 20 years. I have also taught mindfulness to many people who have difficulty slowing down and have high stress levels in their lives. This book is an advice book based on the author's personal approach to life- sorry but I found it to be inconsistent and rambling. If you are interested in learning about mindfulness, I would suggest getting Full Catastrophe Living by Jon Kabat Zinn or anything by Thich Nhat Hanh or works by Jack Kornfield or Joseph Goldstein or Sharon Salzberg or Rick Hanson or the Dalai Lama. I note that some people

found this book helpful and I don't want to take away from that. If you find it helpful, that's great, but please don't believe that after reading this you really have a grasp on the practice of Mindfulness.

It is okay... nothing new about mindfulness in this book, for beginners might be ok

This is the third book I have read on mindfulness. I love that it just focuses on mindfulness and how to achieve it emotionally, physically and even spiritually (see bonus included). It makes a good addition to my library. I felt at peace just reading the book. Thanks.

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Mindfulness: Mindfulness for Beginners: How to Live in The Present, Stress and Anxiety Free (FREE Bonus Gift Included) (Mindfulness, Meditation, Buddhism, Zen) Buddhism: Buddhism For Beginners: Your Guide to Incorporate Buddhism into Your Life (Buddhism Focus, Buddhism Teachings, Buddhism History, and Buddhism ... Life) Buddhism: Beginner's Guide to Understanding & Practicing Buddhism to Become Stress and Anxiety Free (Buddhism, Mindfulness, Meditation, Buddhism For Beginners) Buddhism: Buddhism for Beginners - The Ultimate Guide to Buddhist Teaching and Enlightenment (Zen Buddhism, Mindfulness, Guided Meditation, Exercises, Buddhism Psychology Books) Buddhism: Buddhism for Beginners: The Complete Introduction to Buddhism: Meditation Techniques, Acceptance, & Spiritual Practice (Buddhist, Meditation, ... Mindfulness, Zen, Inner Peace, Dalai Lama) Mindfulness: Achieve Inner Peace And Harmony With Mindfulness And Meditation - Live Life Without Stress And Anxiety (Mindfulness, Meditation, Buddhism, Yoga, Enlightenment Book 1) Zen: Zen for Beginners: The Complete Guide to Achieving Presence and Inner Peace (Meditation, Buddhism, Zen Buddhism for Beginners, Happiness) Meditation: The Meditation Beginner's Bible: How to Relieve Stress, Find Inner Peace and Live Happier (meditation for beginners, zen, energy healing, spiritual ... meditation books, meditation techniques) BUDDHISM: Buddhism For Beginners: How To Go From Beginner To Monk And Master Your Mind (Buddhism For Beginners, Zen Meditation, Mindfulness, Chakras) BUDDHISM: 50 Buddhist Teachings For Happiness, Spiritual Healing, And Enlightenment (Buddhism For Beginners, New Age Meditation, Dalai Lama, Zen Buddhism, Spiritual Guide, Stress Free, Dharma) BUDDHISM: Buddhism for Beginners: A Practical Guide to Spiritual Enlightenment (buddhism for beginners, zen, chakras, reiki, energy healing, spiritual awakening, mindfulness) Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways) Meditation: Meditation for Beginners - How to Relieve Stress, Depression & Anxiety to Get Inner Peace and Happiness (Yoga, Mindfulness, Guided

Meditation, Meditation Techniques, How to Meditate) Buddhism: How To Practice Buddhism In Your Everyday Life (Buddhism for Beginners, Zen Meditation, Inner Peace, Four Noble Truths) Zen: Zen For Beginners - The Ultimate Guide To Incorporating Zen Into Your Life - A Zen Buddhism Approach To Happiness And Inner Peace Zen: How to Live a Zen Lifestyle in a Modern Society (Zen, Buddhism, Mindfulness, Yoga) BUDDHISM: for Beginners! From Dummies to Expert. Beginners Guide for Learning the Basics of Buddhism (Zen, Meditation, Dalai Lama, Yoga, Buddha, Dharma, Happiness) MINDFULNESS: Mindfulness for Beginners: Free your Mind from Stress, Anxiety and Depression: How to Find your Inner Peace (Meditation for beginners) Meditation: The Ultimate Beginner's Guide for Meditation: How to Relieve Stress, Depression, and Fear to Achieve Inner Peace, Fulfillment, and Lasting ... beginners, anxiety, meditation techniques) Performance Anxiety Cure: How To Overcome Performance Anxiety And Stage Fright In All Aspects Of Life Forever (anxiety recovery, panic attacks, anxiety management, anxiety attacks)

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