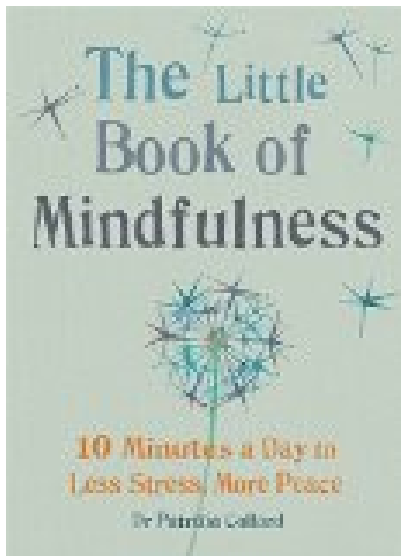


Little Book of Mindfulness 10 minutes a day to less stress more peace MBS Little Book of...



BOOK DETAILS

- Author : Patricia Collard
- Pages : 96 Pages
- Publisher : Gaia
- Language : English
- ISBN : 1856753530

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BOOK SYNOPSIS

"Everyone should read this. Mindfulness is such a great way to live life to the full." - Amazon Customer "The greatest little book ever! Take my advice, buy it now and you will wonder how you ever managed without it!" - Amazon Customer "Patrizia Collards depth of experience as a teacher and practitioner shines through. I love this little book!" - Amazon Customer "Great book to pick up if you just have a few minutes a day." - Amazon Customer "I carry it with me everywhere. Lovely little calming book." - Amazon Customer "Delightful little book." - Amazon Customer Mindfulness is the easy way to gently let go of stress and be in the moment. It has fast become the slow way to manage the modern world - without chanting mantras or setting aside hours of time for meditation. Dr Patrizia Collard will show you how to bring simple 5- and 10-minute practices into your day in order to free yourself from stress and, ultimately, find more peace in your life. This beautifully illustrated book will set you and your family on the road of mindfulness so you can lead a more mindful, peaceful and relaxed life. Find long-lasting happiness with The Little Book of Mindfulness! CONTENTS: 1. Being in the Now 2. Accept and Respond 3. Making Your Mind Up 4. Simply Be 5. Mindful Eating 6. Gratitude and Compassion 7. Everyday Mindfulness

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