

Mindfulness Pocketbook Little Exercises For A Calmer Life

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Mindfulness Pocketbook: Little Exercises for a Calmer Life ...

I must admit to not coming across "mindfulness" before, I've heard it mentioned but not read up about it, so this little pocketbook is a handy easy-entry for the first timer into Mindfulness. This pocketbook is split into nice easy two page chapters, each one focussing on a different aspect of life ...

Mindfulness Pocketbook Little Exercises for a Calmer Life ...

The Mindfulness Pocketbook will help you: * Move in the direction of greater calm, balance, and wellbeing * Increase your insight and awareness * Break free from unhelpful thoughts and thinking patterns, feel more confident, and have better self-esteem * Be more able to manage other people's demands, stress, anxiety, and worry

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Mindfulness Pocketbook : Gill Hasson : 9780857085894

Follow-up to the bestselling Mindfulness: Be Mindful.Live in the Moment. Gill Hasson, author of the bestselling Mindfulness is back and this time you can fit her advice in your pocket! This little book is packed with over 100 quick exercises, each dealing with a different situation, to help you get calm, collected, and balanced.

Mindfulness Pocketbook: Little Exercises for a Calmer Life ...

Mindfulness Pocketbook: Little Exercises for a Calmer Life – this little book has over 100 quick exercises for a wide range of situations in our lives, to help us become calm, collected and present. It will help us develop more mindful thinking, which will benefit us in our personal, social and work life.

Mindfulness Pocketbook: Little Exercises for a Calmer Life

This little book is packed with over 100 quick exercises, each dealing with a different situation, to help you get calm, collected, and balanced. So whenever you start to feel the stress mounting, reach for your Mindfulness Pocketbook, find the relevant exercise and instantly make life better!

11 Mindfulness Exercises | Mindfulness4U

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