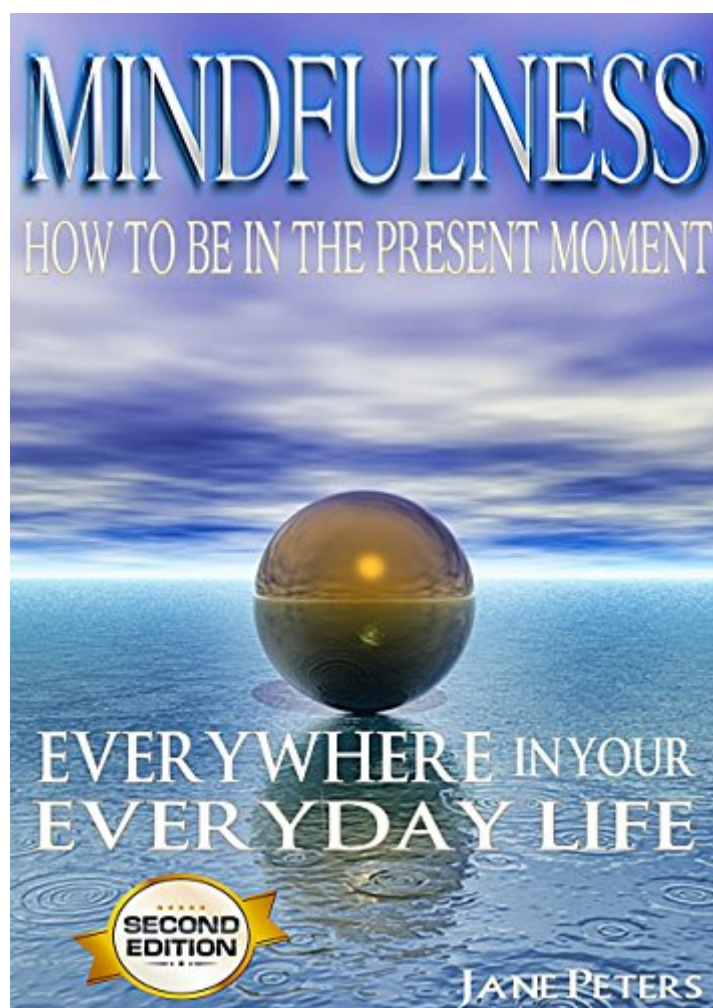


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# **Mindfulness: How To Be In The Present Moment Everywhere In Your Everyday Life, 2.0 (FREE Bonus Included) (Mindfulness For Beginners, Meditation, Finding Peace, Present Moment)**





## Synopsis

LIMITED TIME BONUS INCLUDED: FREE Ebook and ecourse on Mindful Meditation Discover How To Use Mindfulness Everywhere in Your Everyday Life Within this book's pages, you'll find out how to live in the moment and be awakened by each experience, as well as meditation. Publisher's Note: This expanded second edition of Mindfulness has FRESH NEW CONTENT with more in depth information and ways for you to live a peaceful life Many of you are probably wondering about the hype of mindfulness. Despite being around for thousands of years, the closing of 2013 and the beginning of 2014 marked a new surge of research and talk about mindfulness. Simply because mindfulness is the practice of being immersed in the moment. You are fully aware, focused, and attentive. Mindfulness has been studied by psychotherapists for a long time now, about 4 or 5 decades because it overlaps with their field and has been found as successful. Mindfulness has been known to reduce stress and help treat disorders such as anxiety, depression, insomnia and in some cases even addiction. You may not think so now, but I can probably guess that you are busy all of the time. Your nights are too short. Your days are filled with too many tasks. Your caffeine isn't strong enough to turn you into a superhero and more than anything; you wish you had the power to bend time to your will or, at least, manipulate time enough so you can have the piece of mind to get through your ever-growing to-do list and find a sense of accomplishment. You wake up thinking about all the things you have to do that day and you go to bed reviewing everything you did do and everything you failed to do. And just like you, there are so many others out there who are too busy dwelling on the past and worrying about the future, to realize they are living in a moment. In this book, you'll learn... The Fundamental Idea Behind Mindfulness Why You Should Use Mindfulness The Components of Mindfulness The Truth About the Mindful State How to Deal With Emotions How to Live Mindfully How to Turn Chores into Opportunities to Meditate How to Love Mindfully How to Let Go Of Control How to Gain Clarity through Mindfulness Why You Should Use Mindfulness How Mindfulness Kicks away Depression Better than Medications And much more! Download the book today to learn how to incorporate mindfulness into your everyday life!..and get the FREE bonus Ebook and ecourse on Mindful Meditation.

## Book Information

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## Customer Reviews

This is a helpful tool on the subject of mindfulness. The book is easy to read and relatively short, a great way to be introduced to mindfulness and its various uses. The author covers why mindfulness is needed (distractions), the components of mindfulness, and how to practice mindfulness in every day situations. I found the latter to be extremely helpful. She presents common situations and explains how we can be mindful in those moments, like not feeling compelled to check your phone. I really was in need of knowing these "in the moment" tips. After all, the best description of mindfulness is the practice of being in the moment in every day circumstances. The author also covers how mindfulness can help with troubling emotions like anxiety and depression. All-in-all, a fine introduction to mindfulness and its daily uses or practical implications. If you're wanting to know more about mindfulness, I recommend this read.

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us. In this book the author has shared many useful information for beginner. Such as The Fundamental Idea Behind Mindfulness, The Components of Mindfulness, How to Deal With Emotions, How to Turn Chores into Opportunities to Meditate, How Mindfulness Kicks away Depression Better than Medications and many more and also it explains Why we Should Use Mindfulness that will inspire beginners. Great read. inspiring book.

If there was any rating more than 5 stars, I would have given this book. I love the lessons it has. It made me realize how passive I have become in this world. Rather than allowing life go through us just as we go through it, we only go through it with a hurry and forget to slow down to enjoy the moment. If one can live in the moment and is able to be mindful of all things, as well as be grateful, the issue of stress and sadness will not come in. A very beautiful book this is

This taught me a lot on how to give respect through being mindful. Definitely being present minded more than physically present means a lot most especially to people we talk to. This book has taught deep lessons that concerns simple situation. In that way, I could say that this is a wise book. This book highlights the simple steps on how to be present in any moment we are up to which benefits not just us but others as well. This book is much recommended to people who gets easily distracted.

A great book, I benefited a lot from it. I have always been much of a close-minded person and have always seen things my way. However, my view on life has changed dramatically after reading this book. My life has changed to the better. I am an entrepreneur so for me it is very important to have a broad spectrum of knowledge on this topic. I highly recommend this book and I will definitely read more from Jane Peters.

The book gave me good thinking tips and things I need to improve on. With such a busy year last year things got lost and thinking too much and staying on one subject happened, this book made me realise that you need to stop everything you are doing and just just thinking about everything around you. The world is not going to stop, your work isn't going to suffer if you take a 5 minute break to stop and think about things in a clearer mind

It is harder than ever to be mindful today when we are surrounded by so many distractions. Yet everyone can do it if they follow some of the simple steps from this book. There are many aspects to mindfulness. From what you eat, to meditation and gratefulness. When we take control of these aspects, we take control of our lives.

This is the second time reading this author's book. I have been practicing mindfulness meditation for awhile now that I thought I was an expert. However, After reading this book I found out that there are a lot of details I neglected. For example, this book talked about let go of control. I always wanted to

control everything. Even meditation, I want to control my thoughts from raising up. Reading this book I realize what i have been doing wrong. This book is not only about meditation. Meditation is just a start of mindfulness. To really gain the benefits from mindfulness, we need to apply this into our personal life and relationships.

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Mindfulness: How To Be In The Present Moment Everywhere In Your Everyday Life, 2.0 (FREE Bonus Included) (Mindfulness For Beginners, Meditation, Finding Peace, Present moment)

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