



Mindfulness: Mindfulness for Beginners - Learn to live the rest of your life free from Stress, Anxiety, Anger and Frustration in a Constant State of Happiness and Bliss (Mindfulness Meditation)

James Akiyama

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Mindfulness for Beginners aims at introducing one of the most ancient yet scientific methods of meditation to the people who badly need it.

This eBook teaches you how the mind and the body are closely related and how you can keep yourself balanced, healthy and happy at all times.

After reading this book you should have all the information you will ever need in order to be able to practice Mindfulness for the rest of your life.

Inside you will learn about...

- ✓ The best time to Practice
- ✓ The best Place and Posture
- ✓ What to do when you are Lost in Thoughts
- ✓ How to Implement Mindfulness in Everything You Do.
- ✓ The Benefits of Mindfulness

And much more!

This insightful eBook takes you on a journey which many seekers after the Truth pursued. On their way, they found countless treasures in life.

Hope you too will be one such seeker and find your wealth, on your way.

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