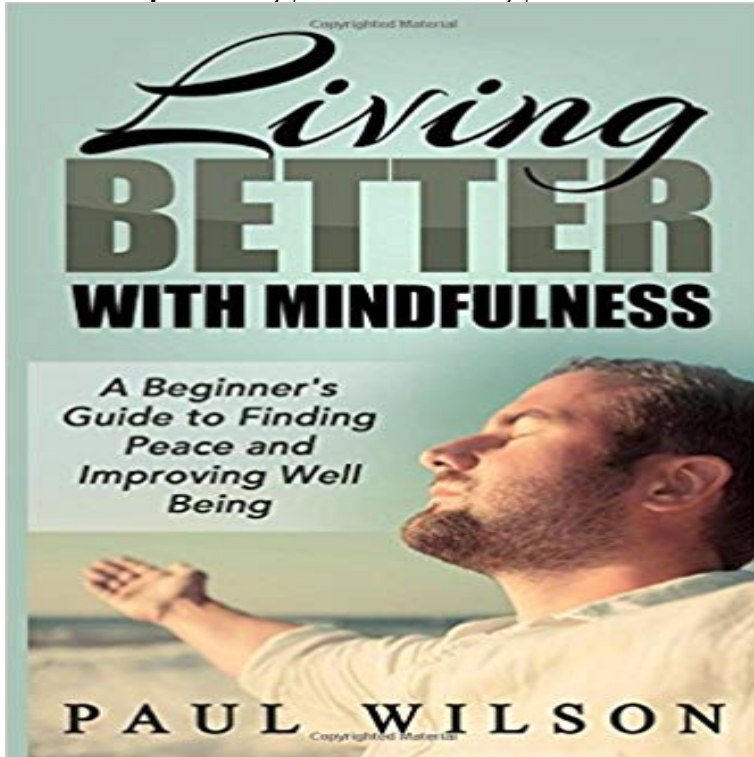


# Living Better With Mindfulness: A Beginners Guide to Finding Peace and Improving Well Being



Does your soul need first aid? Life is stressful. With so much going on in the world and so many daily pressures to face, it can sometimes be hard to keep it together. Our monkey minds are constantly racing, we feel overwhelmed, overworked, anxious, unhappy and stressed. How are we supposed to keep it together when this is the new normal?

What you need is a soul rescue. While we think about stress in our every day lives, theres one area that we often overlook, even though it affects it the most: our happiness. As human beings, everyone is searching for happiness. No matter what your personal goals are in life, your goals are usually means of achieving joy or contentment in your life. Mindfulness is the self-healing practice that connects you to your soul. Mindfulness will show you how to: - Eliminate stress and anxiety - Hone your thoughts to focus, instead of worrying about other things - Create inner peace and happiness This practice will teach you how to take control of your life and live a more positive one, regardless of your situation. The mindfulness techniques shared in the book are easy to implement into your daily routine, dont take a lot of time, and can have you up and running in just one weekend. Why wait when your life could be better? Get started and you can claim your free gift inside 10 Mindful Minutes. Enjoy! Lucky for you, there is a way and this book teaches you how. The concept is called mindfulness, and allows you to take control of your life in order to live a more positive life. The practices are easy to implement into your daily routine, memorable, and can have you up and running in just one weekend. Why wait when your life could be better?

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