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Mindfulness Workbook For Dummies

Shamash Alidina, Joelle Jane Marshall

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Mindfulness Workbook For Dummies Shamash Alidina, Joelle Jane Marshall
Restore balance to your life and live in the moment

Mindfulness is a proven meditation technique that can help you restore balance in your personal life. Now, the author of *Mindfulness For Dummies* shows you step-by-step how to put the lessons of his book into practice.

Inside you'll find a huge number of hands-on exercises and techniques to help you to live in the present, let go of negative, distracting, and judgmental thoughts, and achieve greater happiness and contentment in your life.

- Mindfulness can be applied to a range of conditions, including depression, anxiety, stress, fatigue, or illness
- Practicing mindfulness promotes well-being and improves quality of life
- The audio CD contains guided meditations to enhance the practical guidance within the book

Mindfulness Workbook For Dummies gives you the tools you need to pay attention to the present without judgment, and build a happier life.

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