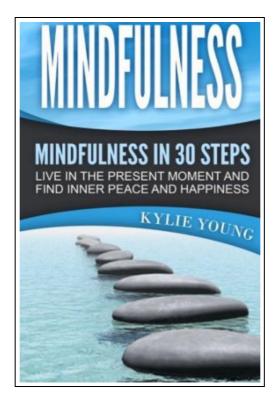
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(Braden Leannon)

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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. This Book is FREE for Kindle Unlimited Users - FREE BONUS BOOK INCLUDED! In todays world there are so many things out there all competing for your attention, when all you want to do is focus on yourself and the present moment. We try to ignore all of this as we smile, but does our inner self express happiness and true inner peace? Mindfulness is what youre after, and mindfulness is what youre going to get out of this book Keep reading because this book will show you you what you need to know about learning mindfulness, achieving inner peace, and true happiness. Mindfulness in 30 Steps: Live In The Present Moment and Find Inner Peace and Happinessis your personal bridge to achieving the state of mindfulness you desperately need (weather you realize it or not) In this book you will learn the specific things you need to do and how to overcome the challenges that we all face in this crazy day to day life that were living. Dont worry, youre not alone in feeling this way. Inside youll find out all about What exactly is inner peace? How chaotic lifestyles ruin your inner peace and happiness Positive characteristic features of mindfulness The first phase of becoming mindful (10 practical approaches to being mindful) The second phase of becoming mindful (6 practical steps to become mindful) The final phase of becoming mindful (5 practical ways to take control of your mind and achieve inner piece) Ways of sustaining your mindfulness in the midst of negativity How to use your inner peace, calm and balance to improve your lifestyle So hurry up and scroll...

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