



Mindfulness for Busy People: Everyday Mindfulness Tricks to Enjoy Your Life, Be Happy, Reduce Stress and Create Freedom (Paperback)

By Marta Tuchowska

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Mindfulness for Busy People - Learn How Mindfulness Can Make Your Life HAPPY AND EXCITING! Personal Success and Happiness Start with Mindfulness and Awareness **Limited Time Offer! FREE GIFTS INSIDE: Link to download the audio version of this book (read by the author) + guided meditation + surprise gift for FREE!** Do you want to create a holistic wellness lifestyle but think you don't have time to get into it? Did you know that thanks to a few simple mindful habits you can actually achieve wellness, feel more focused, happy and enjoy life even on a super busy schedule? You are just about to explore a set of simple yet powerful practices that you can incorporate into your daily life to help break the vicious circle of negativity, stress, anxiety, worry, insomnia, low energy levels and information overload. You are just about to experience the unstoppable sense of happiness and peace of mind. You are just about to understand how amazing it feels to be mindful and how easy it is to create an active...



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