

The 21-Day Mindfulness Challenge: Mindfulness for Beginners, a Simple Step-By-Step Guide to Living in the Present Moment and Creating More Calm, Joy and Focus in Your Life



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Reviews

If you need to adding benefit, a must buy book. It usually does not charge excessive. I realized this ebook from my dad and i suggested this publication to learn.

(Alec Veum)

THE 21-DAY MINDFULNESS CHALLENGE: MINDFULNESS FOR BEGINNERS, A SIMPLE STEP-BY-STEP GUIDE TO LIVING IN THE PRESENT MOMENT AND CREATING MORE CALM, JOY AND FOCUS IN YOUR LIFE

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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The 21-Day Mindfulness Challenge, the eight book in the 21-Day Challenge series! Are you tired of living on autopilot? Tired of letting your thoughts, feelings and reactions dominate you? Are you curious about how mindfulness can make a difference in your life? The present moment is a strange place. We are all trapped here, really, and there is utterly no other place to be, yet so few of us take a moment to stop and have a look around. The future and the past all exist in the mind. They are only ever memories, dreams, little flickers in the electrified meat we generously call our brains. The only thing that is real is the moment that is happening right now. To get to know the present, all you have to do is be aware. But try to become aware of the simple things around you - the sound of the birds in the trees, the smell of your coffee brewing - and you ll probably notice instantly that there is something preventing you from immersing yourself fully: your thought traffic. If you ve ever tried to make a fancy dinner with a bored two year old in your presence, or tried not to think of a pink elephant (try it right now!) then you ll know the feeling. This is where mindfulness practice comes in. The 21-Day Mindfulness Challenge will help you to: Increase your awareness and live more in the present moment Get a deep understanding of what mindfulness really is and how it can improve your life Let go of excessive worrying, stress and the continuous stream of thoughts Find your own mindfulness styleDevelop an effortless...



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