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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



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...

Read PDF 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

- Authored by 21 Day Challenges
- Released at 2015



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Reviews

Great electronic book and valuable one. It really is simplistic but surprises within the fifty percent from the book. Its been printed in an extremely simple way in fact it is merely right after i finished reading this publication by which in fact modified me, change the way i really believe.

-- **Dr. Bethany Lindgren**

Basically no terms to clarify. It can be written in basic terms instead of difficult to understand. I am easily could get a enjoyment of reading through a composed publication.

-- **Dr. Hazel Ziemann IV**

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