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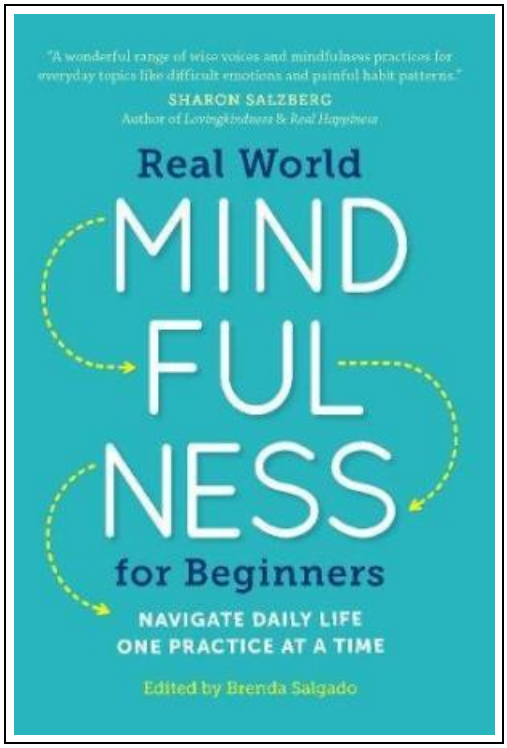

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Reviews

This written publication is wonderful. It can be writter in straightforward phrases instead of confusing. I discovered this pdf from my dad and i suggested this publication to learn.
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Sonoma Press, United States, 2020. Paperback. Condition: New. Language: English . Brand New Book. Real-World Mindfulness for Beginners offers practical mindfulness techniques from a range of wise voices on everyday topics like difficult emotions and painful habit patterns. ?SHARON SALZBERG, New York Times bestselling author of Lovingkindness and Real Happiness Major changes are a part of life, yet dealing with them can be overwhelming. Mindfulness is a simple way to navigate the difficulties you face with more clarity and courage. Real-World Mindfulness for Beginners was written particularly for those who are new to mindfulness and are having trouble with the ups and downs of daily life. In Real-World Mindfulness for Beginners you ll find: Simple mindfulness techniques that take only minutes or seconds to work into your busy day Expert guidance from 10 of the most trusted mindfulness teachers in the country for dealing with anxiety and stress, anger and hurt, grief and loss, and more Chapters organized by common challenges to find and apply helpful mindfulness practices where you need them most Edited by Brenda Salgado, mindfulness advocate and founder of The Nepantla Center for Healing and Renewal, this curated collection of mindfulness practices will help you unearth the inner strength to handle life s curve balls as they come, wherever you may be. This is a self-help book, written to help others learn, understand, and start applying mindfulness to their everyday lives--but it s also much more than that. It discusses a number of different aspects of mindfulness, including what it is, common myths, and steps to take to implement mindfulness in different situations. --Emily L., Amazon customer.

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