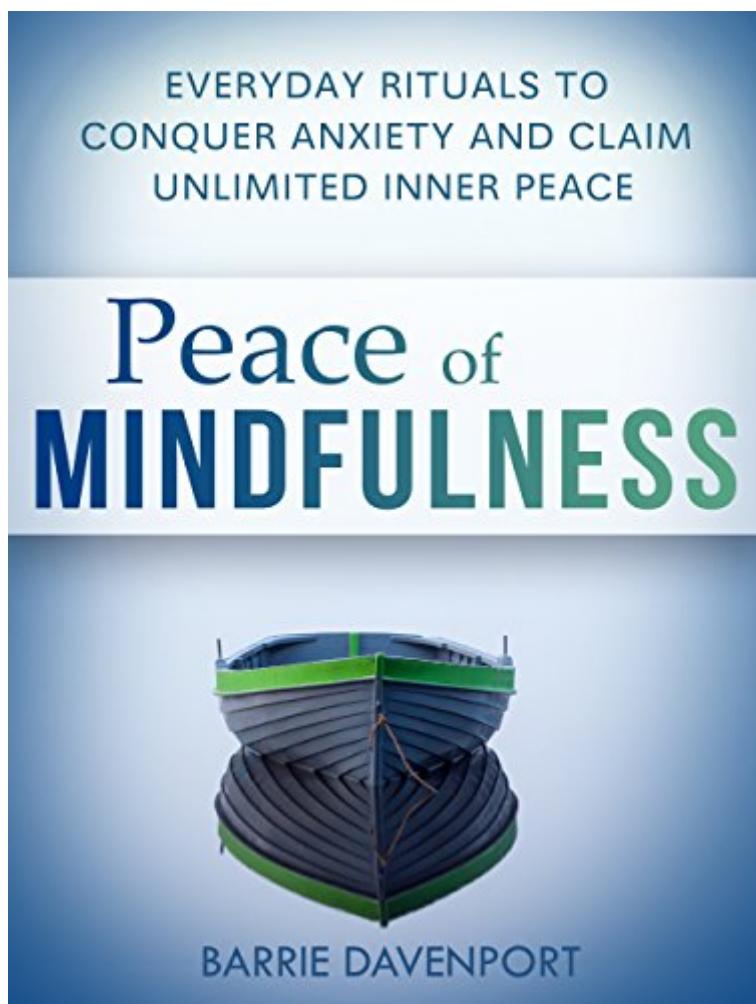


The book was found

Peace Of Mindfulness: Everyday Rituals To Conquer Anxiety And Claim Unlimited Inner Peace



Synopsis

THE HEALING POWER OF MINDFULNESS: Easy-to-understand mindfulness practices to conquer anxiety
We are overwhelmed, stressed, depressed. Right now, you might have everything you need for a happy life. You might have a great family, a good job, wonderful friends. But thereâ™s one thing wrong â” you simply don't feel calm and happy. The demands of everyday life, your hectic schedule, those constant feelings of overwhelm and anxiety make you feel out-of-control and exhausted. How can you jump off the hamster wheel to feel peaceful and free from anxiety symptoms? When you learn the peace of mindfulness techniques, you have the power to tap into a wellspring of tranquility and a lasting contentment youâ™ve never known before.

MINDFULNESS IN DAILY LIFE
The practice of mindfulness in daily life holds the promise not only for peace of mind, but also to revitalize your self-worth and transform the way you view the world. It awakens you to the beauty of every moment. You live in unity with life, rather than struggling against it. Mindfulness doesnâ™t mean you must sit for hours in meditation or attend long retreats. You can experience calmness and present moment awareness in all your daily activities, and perform every task, thought, and action through the lens of mindfulness. In Peace of Mindfulness, youâ™ll learn simple daily routines to bring you back again and again to the pleasure of full presence and awareness.

THE BENEFITS OF MINDFULNESS: HOW MINDFULNESS CAN CHANGE YOUR LIFE
Whether youâ™re coping with stress and anxiety, or you simply want to increase self-awareness and contentment, the skills taught in Peace of Mindfulness meet you exactly where you are â” in your home, your work, your simple daily tasks. Once you live your days with mindfulness, youâ™ll enjoy physical, emotional, and mental benefits that further enhance your experience of life. Science has proven mindfulness reduces stress, improves memory, offers pain relief, helps your sleep, improves relationships, and promotes mental health.

ORDER: PEACE OF MINDFULNESS: EVERYDAY RITUALS TO CONQUER ANXIETY AND CLAIM UNLIMITED INNER PEACE
Peace of Mindfulness is a handbook for winning back control of your thoughts and emotions so you can release anxiety and enjoy a happier, healthier, more conscious life. Every chapter offers specific actions you can implement and practice right away to facilitate change. Youâ™ll learn:

** The Powerful Benefits of Mindful Breathing
** How to Tame the âœMonkey Mind" ** Simple Mindfulness Meditation Practices
** How Practicing âœFlowâ• at Work Makes You Love Your Job
** How to Use Visualization and Affirmations to Boost Brain Power
** The Best Mindful Fitness Routines
** How to Practice Journaling to Enhance Mindfulness
** How to Make Mindfulness a Way of Life
** Want to Know More? Order and find the peace of mindfulness starting today. Scroll to the top of the page and select the âœbuyâ• button.

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Customer Reviews

I've been practicing meditation for about 20 years and run a website devoted to teaching people meditation and mindfulness. I was delighted to find Barrie's book. It's a real treasure. In simple non-religious terms, Barrie lays out the science-backed benefits of meditation and mindfulness. Citing studies from Harvard, UCSF, and others, she makes an incredibly compelling case for why modern society should take up the ancient art of mindfulness. I enjoyed the book. Obviously Barrie is a pro at coaching people to achieve their highest potential. She speaks to the reader in ways that give you confidence and inspire you to start meditating right away. At the same time, she's realistic and she knows that to really achieve the benefits that mindfulness promises, there's hard work to be done. She writes, "The practice of mindfulness takes focus, commitment, and consistency. But remember, it is the practice that's your destination, not the perfection of the practice." Among other highlights, I enjoyed her comprehensive summary of the benefits of mindfulness grounded in numerous studies from Harvard and other top research institutions. She makes a very sound case for the benefits and if you have any doubt, she'll fill

you with confidence that meditation has officially graduated from the woo-woo category. The book also offers practical guidance you can act on immediately. For example she gives a great explanation of breathing exercises and the associated science. One thing I've noticed is that people struggle with understanding how to make progress in meditation.

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