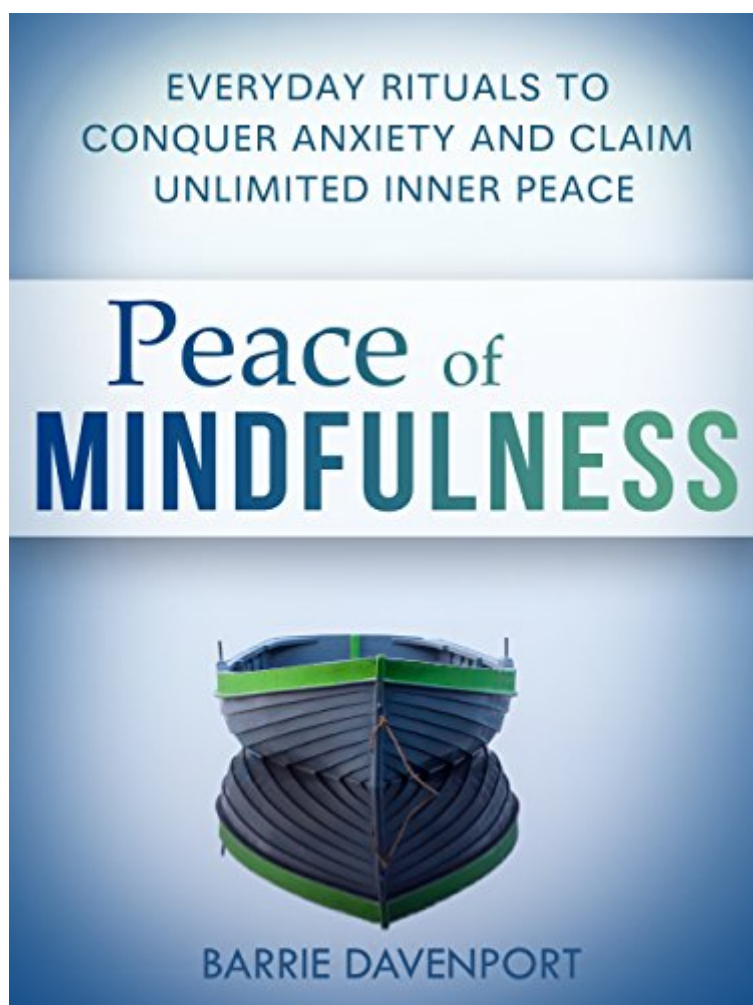


The book was found

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 there's one thing wrong • 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 you'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 doesn'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*, you'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 you'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 • in your home, your work, your simple daily tasks. Once you live your days with mindfulness, you'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. You'll learn: ** The Powerful Benefits of Mindful Breathing ** How to Tame the "Monkey Mind" ** Simple Mindfulness Meditation Practices ** How Practicing "Flow" 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

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Customer Reviews

Barrie Davenport really did her homework here. Not only is this book full of well-researched scientific proof, but also contains the teachings of the 'greats' of mindfulness. As a practitioner of mindfulness meditation for many years, I can say that this little book is fantastic. Not only will you find the history of mindfulness, but you'll find information about affirmations, places to meditate, and many ways to be mindful- from making tea, to exercise, even at work. If you want a great primer on mindfulness meditation and more, this is your book. Barrie is the real-deal.

Love it. Not overly long but packed with very good info. Like the combination of meditation, visualization and affirmation to strengthen the neural networks. Some good affirmations I had not heard before. Great book.

I'm new to meditation and found this book very helpful. I might even check out the author's blog. Good value, I think.

It is amazing that a book of this nature is actually needed, but that is why it's core message is so valuable and comforting. We think we have everything all figured out and then things seem to spin out of control and we are scared and miserable. The fear causes panic and we don't know how to fix it. This author helps to slow down the perceived blur of life with a simple message of mindfulness. It is indeed a blessing. Thank you.

I appreciate the practical suggestions this book has. They are easy to implement ideas to help relieve stress and increase mindfulness.

I really liked this book. It is a very light book, easy to read, that gives you a lot of information about the different techniques available to have a mindful style of life. I really enjoyed it. I think I have tried all the methods described on the book, but doing it consistently in a more systematic way will definitely be helpful. I recommend it.

This is a book for beginners and people who are not already familiar with mindfulness practices. It's very basic. So if you know nothing about mindfulness this book would be useful.

Whether you're new to mindfulness or a long-time practitioner (like me), this book can help you to slow down the craziness of everyday life and find a bit of peace in your day. Along with providing a background of what mindfulness is and plenty of scientific research supporting its benefits, I love how Barrie lays out easy-to-adopt methods of incorporating a bit of mindfulness into each day. After reading this book, I came away with some new ideas to help me to be more present and focus on the important things in my day. It also helped me to see my current mindfulness practice in a new light, allowing me to open to more possibilities. In the book, Barrie reminds us that we're human so we're not going to be completely mindful 100% of every day. But taking baby steps to be mindful about 20% of each day can make a huge positive impact. This book offers plenty of ideas to do just that. I highly recommend it.

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