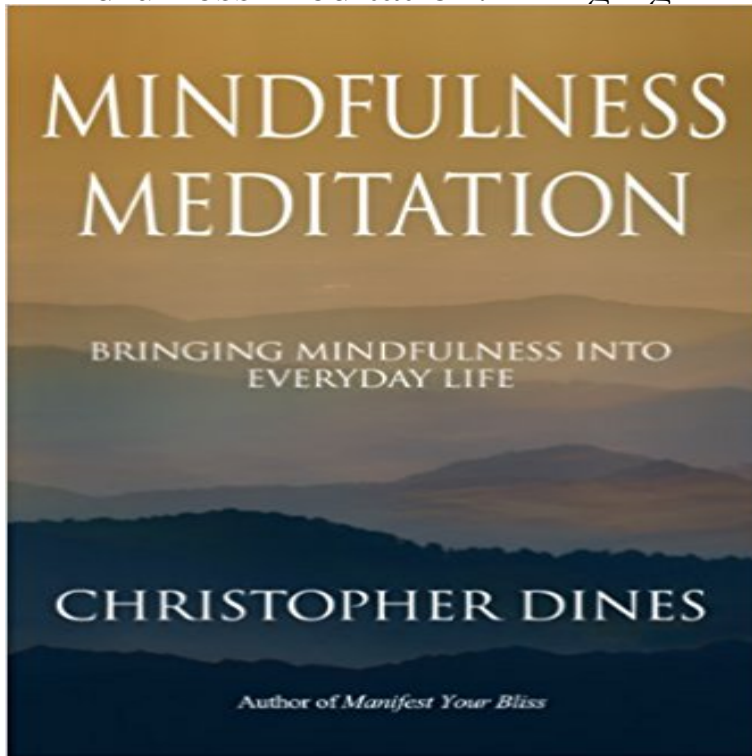


# Mindfulness Meditation: Bringing Mindfulness into Everyday Life



It is natural for human beings to wish for peace of mind and well-being. However, this universal desire has been extremely difficult for most of us to realize due to our fears, worries, negative thoughts and the need to try to control others. In his new book, *Mindfulness Meditation: Bringing Mindfulness into Everyday Life*, Christopher Dines, guides you to access the deep and profound inner peace which already lies within your consciousness, whilst helping you to practise all aspects of mindfulness throughout your day. As you digest this book, you will find that the realizations will point you towards the present moment, opening your heart to reverence, love, compassion and joy.

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