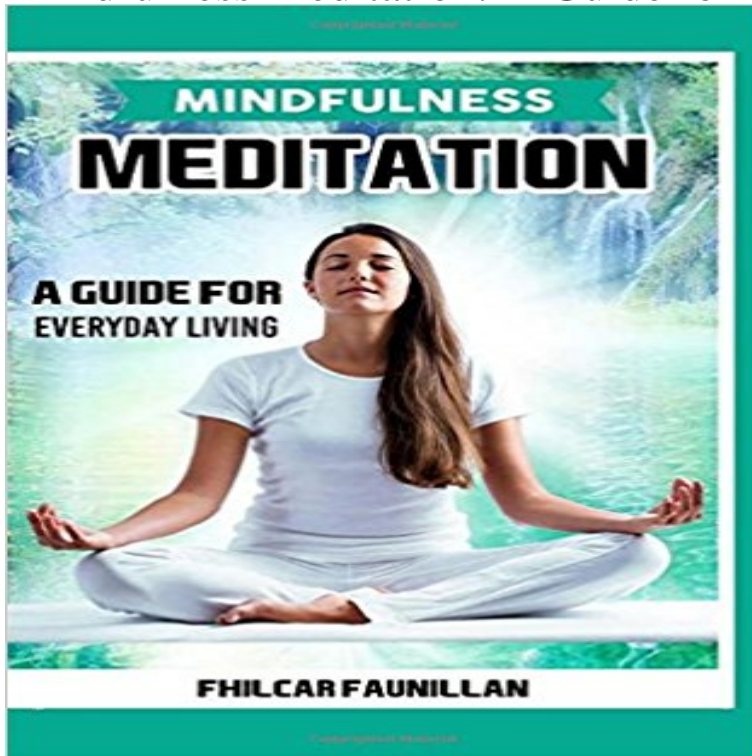


Mindfulness Meditation: A Guide for Everyday Living



In this book you will learn what mindfulness meditation is about and how it can provide numerous benefits not just to your body but to your mind as well. This book will also provide you the ways on how you can start your journey towards a better and happier life through being mindful of the things around you any by appreciating every single moment as they come and go.

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