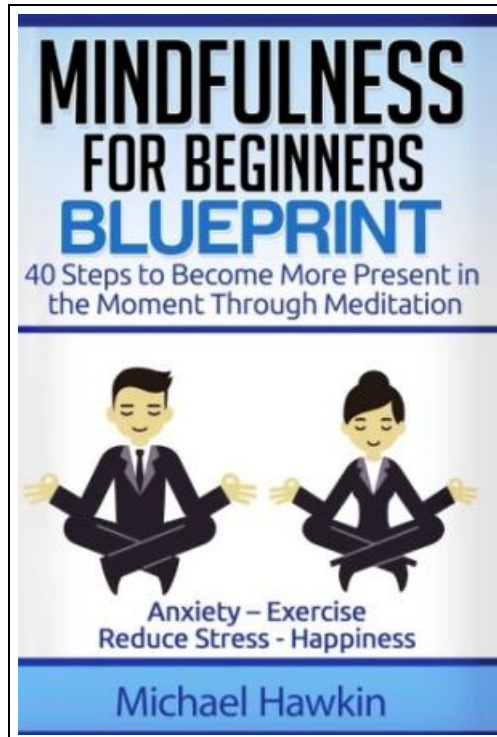


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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Are you searching for ways to alleviate stress and anxiety? Have you looked everywhere and found nothing that seems to work? Are you still looking for the right SOLUTION? If you answer yes, to one or more of these. Then keep reading. Let me guess. Your life has become busier than it was a few years ago, the simplicity in your life has faded and you don't know where it went. Do you wish you could bring that back and think of situations in your life in an easier mindset? Bringing that calm and tranquility back is simpler than you think, it only takes a few steps and then you will be back on the right track. There is actually a baseline on which you can determine whether you have hit your target for mindfulness or not, it is really easy to follow and once you have been through all the steps you will think to yourself, why didn't I start this earlier. In this book, you will learn exactly what mindfulness is and how it can benefit you. A mindfulness test will be provided so that you can determine how mindful you are at this moment. You can use your score in the test as a baseline, so you can track your progress as you follow the 40 steps to mindfulness outlined in this book. Then once you have learned the 40 steps to mindfulness you can retest. I guarantee that once you have learned the steps and applied them, your test results will show how much your mindfulness level has improved. This book will serve as your lifetime guide to a happier and more relaxed life. I hope that...

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