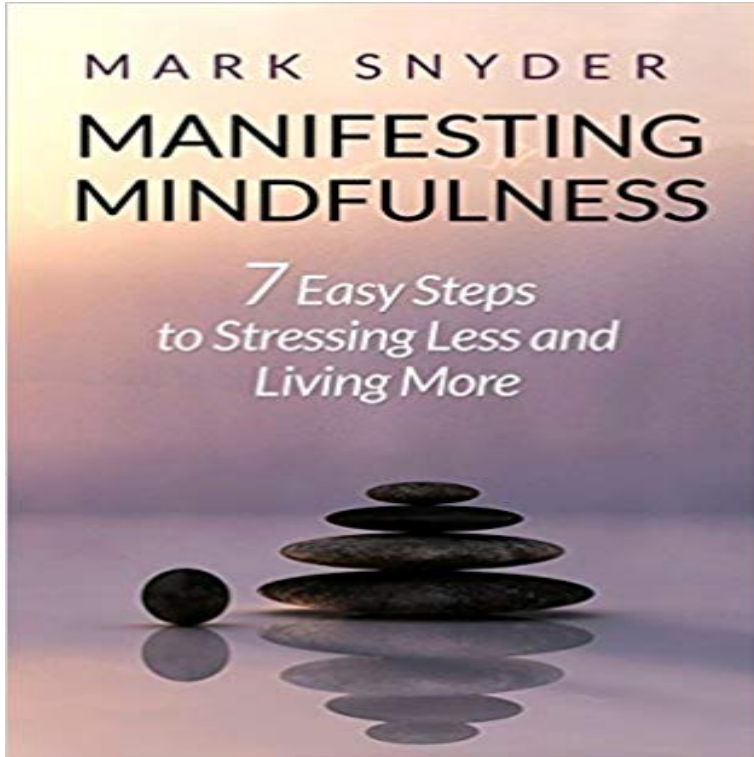


# Manifesting Mindfulness: 7 Easy Steps to Stressing Less and Living More



The place to be happy is here. The time to be happy is now. Mindfulness is nothing more than that deep-down feeling that you're basically a good person, deserving of what you have in life and of what is rightfully yours to earn. In a nutshell, mindfulness radiates power and health. Others want to be around you and to be like you. Fortunately, you can increase your mindfulness if you read this book: You will discover the benefits of mindfulness and how mindfulness can have a positive effect in different areas of your life. The book will help you to understand how and why you might slip into being mindless instead of mindful. You will learn ways to change how you think and you'll discover that simply being aware of how you use your mind is being mindful. Also, you'll be encouraged to open yourself to new ideas and ways of doing things; to let go of unhelpful ways of thinking and establish more helpful, mindful ways of thinking. You will find out that you can change the way you think. You will see that mindfulness is most easily practiced by turning everyday activities into opportunities for mindfulness. There are plenty of ideas, tips and techniques to help you apply mindfulness to the everyday activities of your life. So, in this book, we'll explore the ever-vital concept of mindfulness and self-confidence. Whatever level of mindfulness you currently maintain, I promise that even greater potential awaits. Let's get started! Scroll Up And Grab Your Copy!

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