



**Mindfulness: How To Live In The Present  
Moment: Let Go Of The Past & Stop Worrying  
About The Future, & Mindfulness Made Simple,  
Fun, and Crystal Clear ... Mindfulness in eight  
weeks Book 1)**

*GH Publishers*

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**Mindfulness**

## **Do You Have A Tendency To Over-Think Things or Take Yourself Too Seriously?**

If so, then this is the perfect package for you because you will learn the steps to reach a clear, relaxed state of mind with a **step-by-step guide to access both mindfulness and the present moment** - which are gateways to **relieving stress and reducing anxiety**.

## **Here Is A Preview Of What You Will Learn:**

- **The Steps to Access The Present Moment**
- How to Implement and Use Mindfulness Everyday
- **How to Enjoy the Gift of Mindfulness and the Present Moment**
- How To Clear Your Mind Of Worries And Stress
- **Strategies To Let Go Of The Past**
- How To Not Feel Anxious About The Future
- **How To Mindfully Meditate**
- How To Overcome Fear, and Be In Control of Emotions
- **And Much More!**

*Think of how rewarding it will feel to finally relax your mind, and enjoy the present moment...*

*Tags: mindfulness, mindfulness for beginners, mindfulness for beginners, mindfulness meditation, mindfulness in eight weeks, mindfulness for anxiety, mindfulness exercises, mindfulness books, mindfulness based stress reduction, mindfulness solution, self esteem, self esteem for women, self esteem for children, self esteem for teens, self esteem for men, self esteem books, self esteem for kids, self esteem handbook, self esteem for girls, Theravada Buddhism, Zen*

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