



Mindful Moments: Everyday Mindfulness for Real People (Paperback)

By Haven E Carter

Haven E. Carter, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. In the morning, do you jump out of bed at the scream of the alarm and start racing through your day at breakneck speed, peering over your reading glasses to check the weather forecast, email, or Facebook while brushing your teeth? Is the TV blaring, coffee percolating, dog whining to go out while you wonder, How will it all get done? Where is the time going? You don't have to live this way. There is a way to find peace amidst the madness. Welcome to the Mindful Moment. In this handy guide, Haven will show you how to create mindful moments all day long. So you can finally trade in the rushing and pressure for peace and ease. She'll show you how to calm down on the spot, how to slow down in the middle of chaos, and how to find joy in the every day rush. Her simple tools have already helped thousands of people start to find joy in their lives every single day. Sound good? Then it's time to take a Mindful Moment.



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