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MINDFULNESS PRACTICE: BEGINNER S GUIDE TO MEDITATION TECHNIQUES FOR CREATING A STRESS FREE PEACEFUL MIND HARNESSING THE POWER OF NOW



Createspace, United States, 2014. Paperback. Book Condition: New. 213 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.In Mindfulness Practice: Beginner s Guide to Meditation Techniques for Creating a Stress Free Peaceful Mind Harnessing The Power of Now, you Il discover how to quiet your mind in one minute or less with a variety of proven meditation techniques. From mindfulness in everyday life to breath awareness and visualization, the practices in this book are designed...

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- Authored by Lisa Townsend
- Released at 2014



Reviews

Extensive guide! Its this kind of excellent read through. it absolutely was writtern very perfectly and helpful. Your way of life period is going to be change when you complete reading this ebook.

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