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Mindfulness: Meditation - 2 books in 1

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2 books in 1:

- Mindfulness: How to Find Your Authentic Self through Mindfulness Meditation
- Meditation: How to Relieve Stress by Connecting Your Body, Mind and Soul

Book 1: Mindfulness

Discover Your Authentic Self through Mindfulness Meditation TODAY!

Do you often find yourself losing focus?

Are you searching for your true purpose in life?

Have you been so absorbed in your daily routine and responsibilities that you seem to have lost your authentic self?

Whatever the case may be, rest assured, mindfulness can help you. With this book, you will learn how to discover your authentic self through mindfulness meditation. You will learn how mindfulness can benefit you and how you can become truly motivated to practice it each day. You will also gain knowledge on how to nurture a mindful attitude, which is an essential key to practicing mindfulness.

Step by step guides on how to practice a wide variety of mindfulness meditation techniques are provided, from the basic (such as mindful sitting meditation) to the more complex (such as how to apply mindfulness even when you're angry). Best of all, anyone can choose to do these meditation techniques anywhere and at any time of the day. People all over the world, for hundreds of years, have come to understand the importance of practicing mindfulness in their everyday lives. You, too, should start your journey towards finding your authentic self through mindfulness before life passes you by.

In this book, you'll discover..

- Life through Mindfulness
- How to nurture a Mindful Attitude
- How to Trust Mindfulness
- Basic Mindfulness Meditation Techniques
- Mindful Stress and Anger Management

- How to use mindfulness for Relief from Anxiety and Depression
- How to use Mindfulness for Productivity at Work
- And much more!

Book 2: Meditation

Learn How to Relieve Stress By Connecting Your Body, Mind and Soul

In this book you'll find the answers to these questions and more. Just some of the questions and topics covered include

- Things to Keep in Mind before Meditating
- Meditation for Beginners
- Meditation in Your Everyday Life
- Understanding Urges
- Meditating to Control the Urges
- Emotional Meditation
- Awareness of Senses Meditation
- Understanding the Sensations of the Body
- Meditating on Failure
- Getting Out of the Box
- Assessment and Visualization
- Meditating in Nature
- Kundalini Meditation
- Kriya Meditation
- DTWL Meditation
- Connecting to Your Chakras
- Meditating with the Muscles
- Shamatha Meditation
- Suskhma Meditation
- Getting Out of the Box
- Assessment and Visualization

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