



Mindfulness Through Meditation: How To Quiet Your Mind, Calm Anxiety, Sleep Better & Be More Present Every Day (Mindfulness, Meditation, Anxiety, Sleep, ... Techniques, Mindfulness for Beginners)

Michael Roberts

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Discover Mindfulness Through Meditation!

Mindfulness is a concept that has been around for thousands of years. In today's hectic world, we are all eager for ways to help cope with stress, anxiety, depression and sleeplessness. This book will help you understand the concept of mindfulness, its powerful benefits and how it can truly help you to change many areas of your life for the better.

This book is a straightforward introduction to mindfulness through meditation. We will discuss what mindfulness is, the “monkey mind”, the many benefits of mindfulness, the importance of gratitude and how it relates to mindfulness and how mindfulness can help manage the often times negative self-talk we all deal with.

The last section of the book discusses various meditation techniques and ways for you to get started with mindfulness through meditation. By the end of the book, you should have a good starting point to exploring mindfulness on your own, calming your mind, managing stress, sleeping better and being more present on a daily basis.

Here Is A Preview Of What You Will Learn...

- What Is Mindfulness
- What The Monkey Mind Is, and How To Quiet It
- The Benefits Of Mindfulness
- Gratitude & Mindfulness - How They Work Together
- Using Mindfulness to Manage Negative Self-Talk
- Mindfulness Techniques

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