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Mindfulness:Mindfulness Meditation: MINDFULNESS FROM BEGINNERS TO EXPERTS! (Mindfulness,Mindfulness for Beginners,Mindfulness for Dummies,Mindfulness for Creativity,Mindfulness for Health)

Michael Tsiaming

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Everything You Need to Know about Meditation, from Beginner to Expert!
Easy to Understand, but Very Powerful Meditation Techniques for Unleashing Your Unlimited Brain Potential.

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In everyday life, it's easy to be derailed by worries and regrets – worries about the future (bills, promotions, incoming expenses) and regrets about the past (not taking that financial risk that would have paid off, not going after that promotion, not talking to the cute girl/guy at the party). Thoughts like these make you feel helpless, as there's nothing you can do to change the past, and you will never know what will happen in the future, so thinking these thoughts is ultimately a waste of time.

This is where *Mindfulness Meditation* comes in! Mindfulness is a way of thinking that teaches you to live in the moment, for in the end, that's really all that you've got, and you can't waste the present on the unchangeable past and the hard to predict future. *"Mindfulness Meditation Techniques for Beginners"* will teach you how to savor and thoroughly enjoy the moments that you have, and be active and creative in the present. It also reminds you not to be judgmental of your own actions and circumstances but simply being aware, and finding peace in that awareness.

To simplify, we can say that being mindful centers on three things: *awareness*, *focus*, and *remembering*. You must be aware of the moment and the things around you, aware of your thoughts and feelings; you must be able to command your focus on what it is you want resolved or to study; and finally, you must remember to be aware, to be mindful and keep from letting your thoughts wander away toward worries and negative thoughts.

From beginner to expert, this book will walk you through the mindfulness meditation process with easy to understand steps and techniques on how to meditate, find focus, increase your brain power, relieve stress and be on your way to true happiness and inner peace.

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