



# Mindfulness: A Practical Guide for Beginners

*Riley Gilbert*

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## Mindfulness: A Practical Guide for Beginners

- Have you been experiencing constant stress and anxiety every day?
- Do you have a habit of over-speculating on what will happen in the future?
- Do you have a hard time moving on from past mistakes and events such that it becomes a hindrance in your everyday performance?

If you answered yes to any of these questions, then this book is perfect for you!

**This book contains extensive information on the practice of mindfulness as well as proven steps and strategies on how to implement them.**

**By reading *Mindfulness: A Practical Guide for Beginners* you will gain these benefits:**

- The origin of mindfulness, both ancient and modern
- Tips and techniques to get your started with mindfulness
- The physical and mental health benefits of mindfulness, as well as its value for intervention with autism and learning disabilities
- The improvement of self esteem through mindfulness
- Understanding how we can live on "autopilot," but mindfulness can bring greater awareness
- Scientific foundations behind the advantages of mindfulness, including relationships and work or business performance
- Six simple techniques to begin practicing mindfulness

The regular practice of mindfulness can ignite a change in your life. It can transform even the simplest of tasks into something meaningful. This in turn puts every aspect of your life in a different view and lets you view it in a simpler perspective.

There is no need to look further in other resources because everything that you need to know about this particular topic will be introduced as the exact contents of this book. **Get ready to get blown away by all the information presented in this book!**

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