



# **Mindfulness for Beginners: How to Live in The Present, Stress and Anxiety Free (Mindfulness, Meditation, Buddhism, Anxiety)**

*Michael Williams*

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**"He who knows others is wise; he who knows himself is enlightened." - Lao Tzu**

Reject stress. Employ mindfulness. Accept peace. **Do you find yourself often feeling run down and ragged? Are you overwhelmed by the everyday stressors of modern life? Are you all too often faced with anxiety and uncertainty—in lieu of serenity and security?** Learn to let go of your worries and free yourself from anxiety in Mindfulness for Beginners, a new and refreshing guide for authentic living.

**Mindfulness employs focus and intent on one's own thoughts as a means of exorcising problems and pursuing happiness and peace. This ancient practice has deep roots in Buddhism and dates back over 2,500 years.**

Practicing mindfulness has the power to change your life through its ability to remove unhealthy and useless thoughts and replace them with openness and self-awareness. **Focusing on the benefits of meditation, presence, and slowing down the pace of one's life, this guide seeks to uncover the secrets of living a life infused with compassion and gratitude.**

**Here's what to expect in the Beginners' guide:**

- A thorough understanding of what mindfulness is—and what it is NOT
- The art of meditation and its many benefits
- How to live in the present
- How eating and drinking slow can improve your life
- A guide to becoming stress and anxiety free
- How to make a meditation plan and stick to it
- Learn to let go of your past once and for all
- Applying mindfulness both in the home and the workplace
- And much, much more!

Outlined as a roadmap for connecting oneself to the present as opposed to an escape from reality, this book is full of practical recommendations for moving forward in life on the path to becoming whole. **So if you're ready to transform your mind into a peaceful haven for positive thinking, then this guidebook is for you. Get your copy of Mindfulness for Beginners: How to Live in the Present, Stress, and Anxiety Free, today!**

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