



Mindfulness: How to Create Inner Peace, Happiness, and Declutter Your Mind

Lindsey Williams

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Empower Yourself Through Living In the Present Moment and Letting Go With Mindfulness

Modern society is filled with distractions such as e-mails, facebook, instagram, texting and endless information overload. Technology has us constantly connected to itself and others, rarely giving us a chance to be alone with our own thoughts. It is of no surprise that stress, anxiety and depression are rising rapidly in our society that seems to be so technologically connected but yet we are greatly disconnected from our deeper self. In this book you will find out how to take charge of your life, and make the decision to live the way you would like to. By choosing to live a life with more meaning, one that makes you better connected, you are off to a great start toward the mindfulness that you seek. The peace you will gain while learning to live a life of mindfulness is priceless.

What will you learn in this book:

- How to create inner peace
- How to create happiness
- How to declutter your mind
- Increase awareness
- How to eliminate stress
- Being in the present moment
- Benefits of Mindfulness
- How to incorporate Mindfulness into everyday tasks
- And much, much more!!!

Would you like to take charge of your life?

Would you like to be more present and content?

Would you like to live with more meaning?

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Corey Watts:

Is it you actually who having spare time and then spend it whole day simply by watching television programs or just lying down on the bed? Do you need something totally new? This Mindfulness: How to Create Inner Peace, Happiness, and Declutter Your Mind can be the solution, oh how comes? The new book you know. You are thus out of date, spending your extra time by reading in this brand-new era is common not a geek activity. So what these publications have than the others?

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