



# **Mindfulness: The Mindfulness Beginner's Bible: How To Live in the Present Moment, Relieve Stress and Find Happiness (Meditation, Yoga, Stress, Anxiety)**

*Tai Morello*

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**Discover why Emma Watson, Angelina Jolie and Oprah Winfrey all incorporate the life-changing practice of mindfulness into their daily lives.**

Do you sometimes feel stressed, anxious, lonely and depressed? Are you always up in your head, constantly dwelling on the past and worrying about the future? Do you want to live a more productive, stress-free and happier life? If so, you've come to the right place.

**With The Mindfulness Beginner's Bible, you will embark on an inner journey that will take you back to the state of peace, joy and happiness you were born to inhabit.**

In modern society, most of us suffer from a condition called compulsive thinking. We have this hysterical inner voice that is constantly jumping from one thought to the next, obsessing about every little detail that could go wrong, complaining, comparing and criticizing everything and everyone. Most of us have become hostage to the whims of our minds, to the point where we even identify with the mind, not realizing that we are not our thoughts, when in reality we are the awareness behind our thoughts. The moment you start observing your thoughts without identifying with them, you enter a higher level of consciousness beyond the mind and you connect with your true nature of peace, joy and happiness.

Most people spend the majority of their time either dwelling on the past or worrying about the future. But when you think about it, the present moment is the only moment that really exists. The past and the future are only persistent illusions – the past is obviously over, and the future hasn't even happened yet. As the saying goes, "Tomorrow never comes". The future is merely a mental construct that is always around the corner.

**The present moment is all you and I have, and to spend most of our time outside the present means we are never truly living.**

Mindfulness is about being completely immersed into your inner and outer experience of the present moment. When you practice mindfulness you move away from the noise that is constantly thrown at you by your mind and you reconnect with the present moment.

In mindfulness you observe your thoughts without identifying with them, you break the cycle of seeking stimulating from the external world and you learn to draw your state from within.

Mindfulness is truly a transformative experience that can have profound effects not just on your mind, but on virtually every aspect of your life – your body, relationships, health and even your career.

### **The Mindfulness Beginner's Bible will teach you:**

- What mindfulness really is
- How to harness the power of the present moment
- The benefits of mindfulness
- Common mindfulness myths
- Common obstacles to mindfulness and how to overcome them
- How to access a higher level of consciousness that is beyond the mind
- How to turn mindfulness into a habit
- Mindful Breathing
- Mindful listening
- Mindfulness Meditation
- Conscious Observation
- And Much more!

This book will take you by the hand and show you step-by-step how you develop a life-changing mindfulness practice.

**Take action today and download this book for a limited time discount of only \$0.99**

Tags: Mindfulness, Meditation, Depression, Anxiety, Stress, Beginners, Spiritual

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