



**Mindfulness For Beginners: An Introduction To  
The Discipline Of Mindfulness For Absolute  
Beginners (Mind Over Mood, Mindfulness For  
Beginners, Mindfulness ... Thinking, Feeling Good  
The New Mood T)**

*Jane Parslow*

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## **Mindfulness For Beginners - An Introduction To The Discipline Of Mindfulness For Absolute Beginners**

**This book contains proven steps and strategies on how to start your journey toward a life of mindfulness.**

Many people today find themselves dragged down by the burdens of daily life. They feel unable to appreciate the beauty of life. For them, life seems to be moving too fast. Food does not taste as good, the sunlight does not seem to be as dazzling as before. This leads to several problems such as stress, anxiety, depression and an overall poor outlook on life. You may be one of these people, and if you are, you definitely need some help . Luckily for you, the help you need is here in this book. Mindfulness, the discipline and way of life that has existed since ancient times, has helped people cope with stress and pressure for centuries. It has even found its way into clinical therapy as a proven method for improving patients' general condition and state of living. **Mindfulness focuses on living in the present moment and appreciating your experiences as they come; it uses meditation and simple attitude changes to transform your way of living into an open, calm, stable and free existence. Through this book, you can experience the benefits of mindfulness, even if you have no prior training.** It features simple explanations of basic mindfulness concepts along with some easy meditation routines that can help you start living a life of mindfulness.

### **By reading Mindfulness For Beginners, you will learn:**

- The three traits required for being in a state of mindfulness
- How to live in the moment and enjoy it to the fullest
- The two general types of mindfulness meditation
- Ten benefits of mindful living
- Ten tips to get started living a great mindful life
- A simple meditation technique that focuses on awareness and curiosity
- Five steps in a mindfulness breathing exercise
- Eighteen steps in a body scan meditation exercise
- Some principles and techniques for advanced mindfulness meditation.

**No matter how much you learn while reading this book, you'll have much more to learn about mindfulness meditation and the lifestyle that flows from it.** There are several other formal and informal ways to practice mindfulness, and they are waiting for you to discover them. You can also explore other similar disciplines of meditation that can help you lead a more fulfilling life.

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