



Mindfulness: How to Happily Live in the Present Moment, Let Go of the Past, & Stop Worrying About the Future (Mindfulness, Mindfulness For Beginners, Mindfulness Meditation, Mindfulness)

William Nemara

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Mindfulness isn't a pie in the sky - it can be your reality, your natural state of mind.

The Dalai Lama once said: 'Man surprised me most about humanity. Because he sacrifices his health in order to make money. Then he sacrifices money to recuperate his health. And then he is so anxious about the future that he does not enjoy the present; the result being that he does not live in the present or the future; he lives as if he is never going to die, and then dies having never really lived.'

Are you tired of being so consumed by your past and worrying about your future without fully living the present moment?

The 'now' is the only thing we have, but it's also the number one thing we're missing the most. 'Living each moment as if it was the last' has gradually become this thing we've all heard about, but never truly experienced.

This book contains the basics of mindfulness and how to implement it in our daily lives, without spending hours meditating, doing yoga or practicing certain mental exercises.

Of course, we're going to talk about how meditation and yoga can truly impact your ability to live the present moment, let go of the past and stop worrying about the future. We're going to give you some practical tools to easily implement them in your life.

But we're also going to go back to what it truly takes to live in a state of interior peace and mindfulness - by going back to the fundamentals of mindfulness.

This book is designed to help people gradually progress towards total mindfulness. It is for spiritual persons and non-spiritual persons alike.

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