

Mindfulness Books: 75 Days to a More Positive, Happy You: Treat Yourself to the Life You Deserve (Paperback)



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Reviews

The publication is easy in read better to understand. It is writter in basic words and phrases rather than hard to understand. You wont truly feel monotony at anytime of your respective time (that's what catalogues are for about if you question me).

(Kaya Rippin)

MINDFULNESS BOOKS: 75 DAYS TO A MORE POSITIVE, HAPPY YOU: TREAT YOURSELF TO THE LIFE YOU DESERVE (PAPERBACK)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Positivity - are you embracing its potential? Do you find that you are struggling with negative thoughts? Heard about the power of positive thinking and mindfulness, but not sure where to start? Motivational quotes, positive affirmations and mindfulness workbooks are incredibly powerful for transforming lives without the use of prescription medications. In this mindfulness book, author and mindfulness expert Jenny Kellett has collated a selection of some of the most inspiring motivational quotes alongside daily activities to help you train your mind to push aside negative thoughts and become more centred, positive and happy. Over the course of 75 days you will learn techniques recommended by experts that can completely rejuvenate your thought process and reap the rewards of a happier, more fulfilled life. Positive thinking has been recognized by the Mayo Clinic and other leading health organizations to promote a variety of health benefits. Health benefits that positive thinking may provide include: Increased life span. Lower rates of depression. Lower levels of distress. Greater resistance to the common cold. Better psychological and physical well-being. Reduced risk of death from cardiovascular disease. Better coping skills during hardships and times of stress. This book also makes for the perfect gift for a loved one - everyone can do with more positive thinking in their lives! Buy 75 Days to a More Positive, Happy You today and feel the difference tomorrow.



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