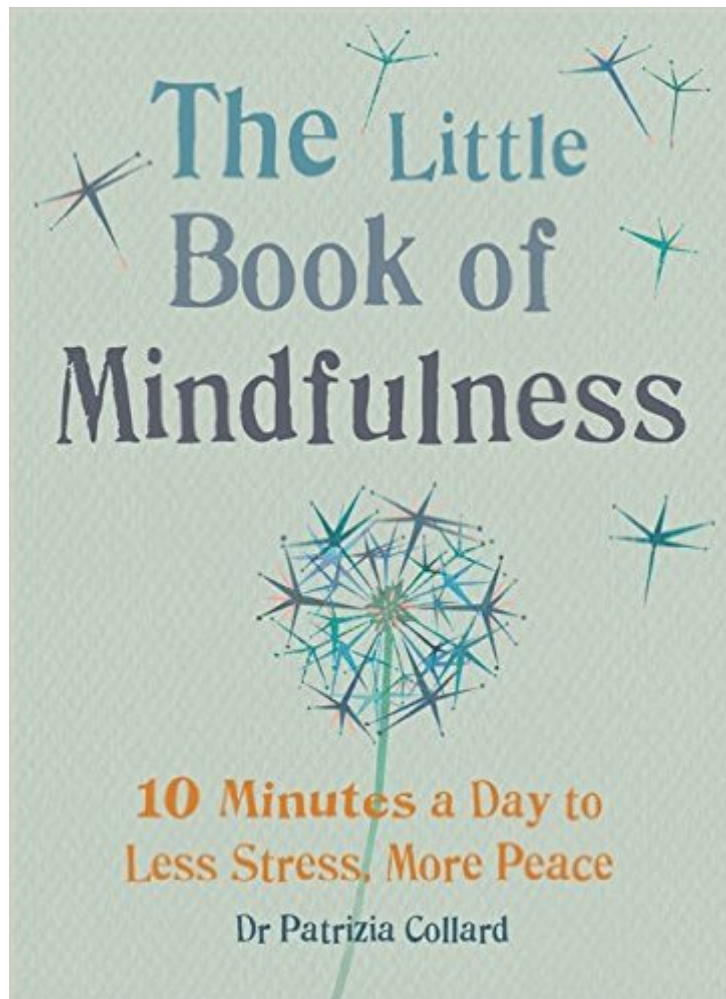


The book was found

Little Book Of Mindfulness: 10 Minutes A Day To Less Stress, More Peace (MBS Little Book Of...)



Synopsis

"The material in this book was previously published in Journey into mindfulness"--Title page verso.

Book Information

Series: MBS Little Book of...

Flexibound: 96 pages

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Product Dimensions: 4.4 x 0.4 x 6 inches

Shipping Weight: 4.2 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars See all reviews (82 customer reviews)

Best Sellers Rank: #1,690 in Books (See Top 100 in Books) #18 in Books > Health, Fitness & Dieting > Alternative Medicine > Meditation #31 in Books > Health, Fitness & Dieting > Mental Health > Happiness #57 in Books > Religion & Spirituality > New Age & Spirituality

Customer Reviews

I LOVE this book.. It helps me relieve stress and find peace through the easy-to-follow meditation. I have been practicing mindfulness everyday. Bought a few copies for my family and friends.

I use this little book every day and really love it. Doesn't take much time. I am a therapist and work with children (foster care, etc.) and now I understand more about what mindfulness is and can teach it to my clients and their parents or caregivers.

Portable, pretty, and readable quickly, but packed with useful, evidence-based information on mindfulness and how to incorporate it into every day life.

Perfect summary of what mindfulness is and easy explanation of simple techniques...keep with you at all times! I bought 10 for Christmas gifts!

I really like this book. It gives you lots of ways to be mindful during your day. It gives you little exercises to do to help you become more mindful. I would read a little bit every day just to learn a little more. It has really helped me learn how to relax and become more stress-free. I

recommend this book to all my friends.

I keep this book by my night stand and I look through it often before I go to sleep. This is a great book to have handy, its not a read all at once kind of book but theres little things to read and things you can go back to and look at later on.

Sweet little book with a really nice introduction to Mindfulness. I was surprised by how pleasant and easy and varied the exercises were, and how familiar some of them already were to me. It makes a perfect pocket or bag book, and is especially best when shared with friends.

I am continually on the look out for small mindfulness type books and this one fit the bill perfectly. My grandson even looked through it and thought it might be something he'd like to read -- he's 8 years old! Gramma is trying to teach him the importance of quiet time each day and gratitude.

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