



# **Mindfulness: The Power of Mindfulness- Learn How To Increase Focus, Improve Memory, and Reduce Stress & Anxiety (Mindfulness, Meditation, Creativity, Focus, Anxiety)**

*S.J. Morgan*

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## **Incorporate The Power Of Mindfulness To Improve Your Life Quality**

### **Free Bonus Gift Included Inside**

Use this powerful meditation technique to reduce stress, depression, and anxiety and increase well-being. Mindfulness means always being in present or having focus attention and not thinking about past or future but enjoying the present. The ultimate purpose of life is to merge our individual consciousness to the universal or single supreme consciousness and self realization. **This book teaches a number of mindfulness techniques and if you apply these techniques even for a short time you will reach a calmer state of mind and increase happiness.** If you do not apply these techniques, you will simply not feel the altered state of mind, you will remain in what is called a beta mind and never reach higher states of mind.

### **5 Reasons to Buy This Book**

1.This books provides a comprehensive work on Mindfulness 2.Learn about the different states of consciousness 3.Discover the different Chakras 4.Learn about the advantages of mindfulness 5.This book will teach you about the various postures or asana for mindfulness

### **Here Is A Preview Of What You'll Learn...**

- What is mindfulness
- What are the various states of mind
- What are the various states of consciousness
- History of Mindfulness
- What are the various techniques of mindfulness
- What are the various benefits of mindfulness
- what is pranayama or breathing techniques
- What are the various postures or asana
- What are the application of mindfulness
- What is Maslow's research on self realization
- What are the various chakras and how to self realize
- conclusion on importance of mindfulness and self realization
- Much, much more!

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Take action today and download this book for a limited time discount of only \$2.99! **Download Your Copy Right Now!** ----- TAGS: Mindfulness, Meditation, Creativity, Focus, Anxiety

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Mindfulness: The Power of Mindfulness- Learn How To Increase Focus, Improve Memory, and Reduce Stress & Anxiety (Mindfulness, Meditation, Creativity, Focus, Anxiety) can be one of your beginner books that are good idea. Most of us recommend that straight away because this reserve has good vocabulary which could increase your knowledge in terminology, easy to understand, bit entertaining but nonetheless delivering the information. The writer giving his/her effort that will put every word into delight arrangement in writing Mindfulness: The Power of Mindfulness- Learn How To Increase Focus, Improve Memory, and Reduce Stress & Anxiety (Mindfulness, Meditation, Creativity, Focus, Anxiety) yet doesn't forget the main stage, giving the reader the hottest along with based confirm resource info that maybe you can be one among it. This great information may drawn you into completely new stage of crucial contemplating.

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