



Living in the Moment

By Dani DiPirro

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Book Condition: Neu. 5.7 x 5.8 in. Neuware - Life transpires in the present. Yet so often we let the present slip away, wasting our precious seconds worrying about the future or ruminating about what has passed. Instead, learning to live in the moment, also known as mindfulness, can have immense power to stop us focusing so much on doing and thinking and instead focus on being. Perfect either as a gift or self-purchase, this lovely little book features 18 inspirational quotes on living in the moment, each one followed by an insightful explanation, a thought-provoking activity or question, and a memorable affirmation. This inspires readers to think about mindfulness in a fresh way as well as encouraging them to incorporate it into their everyday lives. Research has shown that mindful people tend to feel more relaxed, less distracted, more balanced and decisive, with increased energy, self-esteem and productivity, as well as having stronger relationships and an enhanced immune system. With its appealing design, uplifting content and friendly tone, this discerning little book on Living in the Moment provides beautiful, bite-sized inspiration for people around the world to live in the...



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Reviews

Very useful to all of category of people. I actually have read through and that i am sure that i will likely to go through once more again in the foreseeable future. I realized this book from my i and dad advised this publication to find out.

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This is the very best publication i have got read until now. It is definitely simplified but shocks within the fifty percent of the pdf. You may like how the article writer create this pdf.

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