



# Mindfulness For Beginners: How To Live In The Moment, Reduce Stress And Find Inner Peace

*Brent Miles*

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**Mindfulness For Beginners: How To Live In The Moment, Reduce Stress And Find Inner Peace** Brent Miles

**Have you always wanted to live a life free from stress and unwanted thoughts? Have you always wanted to live life in the present?**

A lot of people complain that they can't let go of their past. They have no control over their present and their future looks bleak. They are normal people, with normal lives, but they miss one quality – mindfulness. What does mindfulness mean? It means Freedom. Happiness. Life.

**Do you want to start living in the present and be happy every single day of your life?**

*Mindfulness For Beginners* will guide you and take you on a thought provoking adventure so that you can discover yourself, de-clutter your mind and live today like there's no tomorrow.

If you truly want to transform your life and give your brain a makeover, this is the book that will show you how. Let me take you on a magical journey so that when you return, you come back as a whole new person, with a whole new life ahead of you.

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