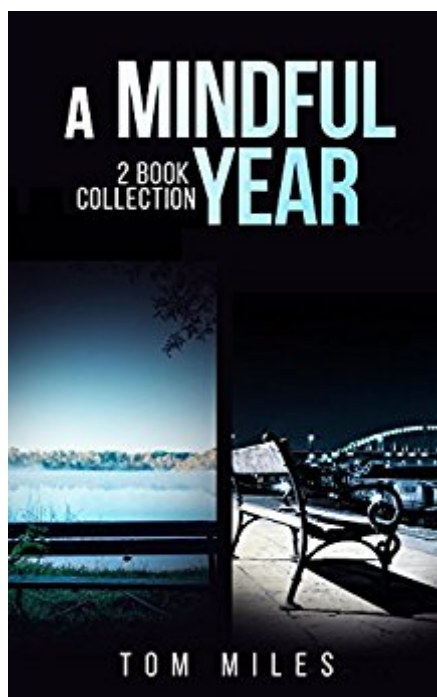


The book was found

A Mindful Year: 2 Book Collection (Self Help, Meditation, Mindfulness)



Synopsis

Discover a Mindful Approach to Self Help with Tom Miles's 2 Book Collection Are you dissatisfied with aspects of your health, wealth, relationships and happiness? Do you experience anxiety, fear, and overwhelm on a regular basis? Do you feel awkward in social situations? Are you dissatisfied with where you are in your life right now? Or do you wish you had more direction? All these challenges are covered in A Mindful Year: 2 Book Collection Get 2 of Tom Miles's Personal Development books for \$3.99, reduced from the retail price of \$6.98 (Save over 40%). The 2 books include: A Year For Change Mindfulness For Beginners In A Year For Change: 52 Simple Steps to Transform Your Life, you'll learn how to create success in 12 broad areas of your life. Within each categories are a handful of actionable habits, truisms and pieces of advice. The total of which is 52, one for each week of the year. In Mindfulness For Beginners: 28 Steps To Becoming More Present Through Mindfulness Meditation, you'll discover how to become more present, stop feeling overwhelmed and let go of fear and anxiety in 28 mindful actions. Everything in it is simple and easy to follow â " it contains specific, easy-to-do tips and exercises. This book is meant for the beginner and will start you out on your journey of mindfulness. Tom Miles's A Mindful Year: 2 Book Collection will help you to improve how you control your mind in short, realistic and actionable steps. Buy both books today at over 40% off the cover price!

Book Information

File Size: 1169 KB

Print Length: 189 pages

Simultaneous Device Usage: Unlimited

Publisher: HRD Publishing (April 8, 2016)

Publication Date: April 8, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01E1ABWSI

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #92,326 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #5 inÂ Kindle

Store > Kindle eBooks > Religion & Spirituality > Other Religions, Practices & Sacred Texts > Unitarian Universalism #10 inÂ Books > Religion & Spirituality > Other Religions, Practices & Sacred Texts > Unitarian Universalism #18 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Work-Related Health

[Download to continue reading...](#)

Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) A Mindful Year: 2 Book Collection (Self Help, Meditation, Mindfulness) Mindfulness: Achieve Inner Peace And Harmony With Mindfulness And Meditation - Live Life Without Stress And Anxiety (Mindfulness, Meditation, Buddhism, Yoga, Enlightenment Book 1) Meditation: Meditation for Beginners - How to Relieve Stress, Depression & Anxiety to Get Inner Peace and Happiness (Yoga, Mindfulness, Guided Meditation, Meditation Techniques, How to Meditate) Meditation: The Meditation Beginner's Bible: How to Relieve Stress, Find Inner Peace and Live Happier (meditation for beginners, zen, energy healing, spiritual ... meditation books, meditation techniques) Mindfulness: Mindfulness for Beginners: How to Live in The Present, Stress and Anxiety Free (FREE Bonus Gift Included) (Mindfulness, Meditation, Buddhism, Zen) The Mindfulness Workbook for OCD: A Guide to Overcoming Obsessions and Compulsions Using Mindfulness and Cognitive Behavioral Therapy (New Harbinger Self-Help Workbooks) Mindful Games: Sharing Mindfulness and Meditation with Children, Teens, and Families Self-Love: The 21-Day Self-Love Challenge - Learn how to love yourself unconditionally, cultivate self-worth, self-compassion and self-confidence (self ... happiness) (21-Day Challenges Book 6) Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!: Self control, ... Self-Confidence, Self-esteem, Organizing) Mindfulness in Everyday Life: How to Stop Worries and Stress and Enjoy Peace and Happiness with Mindfulness and Meditation MINDFULNESS: Mindfulness for Beginners: Free your Mind from Stress, Anxiety and Depression: How to Find your Inner Peace (Meditation for beginners) Buddhism: Buddhism for Beginners: The Complete Introduction to Buddhism: Meditation Techniques, Acceptance, & Spiritual Practice (Buddhist, Meditation, ... Mindfulness, Zen, Inner Peace, Dalai Lama) Meditation Guide for Beginners Including Yoga Tips (Boxed Set): Meditation and Mindfulness Training Self Hypnosis for Beginners: The Ultimate Guide With Systematic Steps To Master Self Hypnosis (Self Hypnosis, Self hypnosis as you read, Self hypnosis diet) Self Hypnosis: The Ultimate Beginners Guide To Mastering Self Hypnosis In 7 Days (self hypnosis, self hypnosis diet, self hypnosis for dummies) Meditation: Complete Guide To Relieving Stress and Living A Peaceful Life (meditation, meditation techniques,

stress relief, anger management, overcoming fear, stop worrying, how to meditate) Meditation: The Ultimate Beginner's Guide for Meditation: How to Relieve Stress, Depression, and Fear to Achieve Inner Peace, Fulfillment, and Lasting ... beginners, anxiety, meditation techniques) Depression Treatment Naturally & Depression Self Help: 21 Non-Medical Depression Cures To Stay Happy For Life (depression cure, postpartum depression, ... depression self help, depression free) Stop Smoking Forever - For Women: Subliminal Self-Help: Subliminal Self Help

[Dmca](#)