



# Mindfulness: Meditation - 2 books in 1: Guide For A Peaceful And Stress-Free Life

*Elias Axmar*

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## **2 books in 1:**

- Mindfulness: The Mindfulness Meditation Guide for a Mindful and Stress-Free Life

**Book 1: Mindfulness: The Mindfulness Meditation Guide for a Mindful and Stress-Free Life**

## **Learn How Mindfulness Can Transform Your Life TODAY!**

**Are you constantly stressed out every day?**

**Are your nights too short?**

**Do you feel as if your days are filled with too many tasks?**

If are like most people then you probably wake up thinking about all the things you have to do during the day and you go to bed reviewing everything you did do and everything you failed to do. And just like you, there are so many others out there who are too busy dwelling on the past and worrying about the future, to realize they are living in a moment.

In this book, mindfulness meditation will be thoroughly discussed. We'll address the fact that there are a handful of reasons why you should appreciate the benefits of mindfulness. While others want a defense against the overload of trivial matters, some aim to be mindful for a sense of inner peace. Some just wish to relax and take a break from most of their worries. With all the people you talk to, the obligations that need attention, and all the other demands of everyday life, the knowledge on mindfulness can be beneficial.

Regardless of personal reason, avoid setting aside the importance of reaching a state of mindfulness. It clears the blurry sights of the current moments, and it opens your eyes to essential matters – both the mundane and the extravagant. Apart from helping you sort out your priorities, it lets you appreciate the reality of the present. Overall, it can reward you with a stress-free life. But, how exactly do you reach the state? You're about to find out.

## **In this book, you'll learn..**

- To Understand Mindfulness
- Benefits of Mindfulness & Mindfulness Meditation
- A Way of Promoting Divergent Thinking
- To Establish a Mind-Body Connection

- Creativity through Mindfulness Meditation
- The Effectiveness of Mindfulness for Stress Relief
- Different Stress-Reduction Techniques
- Simple Mindfulness Meditation Exercises
- And much more!

### **Book 2: Meditation: The Meditation Guide for a Mindful and Stress-Free Life**

This book contains information on the various aspects of meditation. With this book, you'll learn how to meditate. You will also learn about its substantial benefits, how it cures addiction and the extensive research done on it. You don't need to spend hundreds of dollars, as this is a powerful resource in a small package. This book will help you to learn about your true self and anchor you to the right path in life. You'll learn different techniques and we'll dive deep into meditation and self-development.

**Within this book's pages, you'll find the answers to these questions and more. Just some of the questions and topics covered include**

- What is meditation?
- Different States of Consciousness
- Meditation and Addiction
- Different Kinds of Meditation
- Mindfulness Meditation
- Chakra Meditation
- Yoga Meditation
- And much more!

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