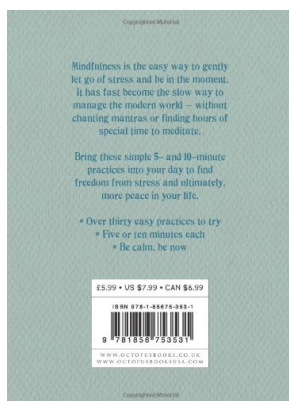


[PDF] Little Book Of Mindfulness: 10 Minutes A Day To Less Stress, More Peace (MBS Little Book Of...)

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Description:

Mindfulness is the easy way to gently let go of stress and be in the moment. It has fast become the slow way to manage the modern world - without chanting mantras or finding hours of special time to meditate.

Bring these simple 5- and 10-minute practices into your day to find freedom from stress and ultimately, more peace in your life.

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