



The Little Book of Mindfulness: Focus. Slow Down. De-stress.

Tiddy Rowan

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The Little Book of Mindfulness is a pocket-sized guide to help you calm your mind and lighten your spirit. Mindfulness techniques will help you focus on the present, changing the way you think, feel and act by releasing your mind of all that is around you. As a result, you will de-stress and de-clutter your thoughts. In this invaluable book is a collection of inspirational quotes, key research findings, tips for how to get the most out of the practice and a variety of short activities. It can be opened at any page to help you center and balance your mind in a few quick and easy steps.

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