



# **Mindfulness: Powerful Techniques to Be In The Moment and Live a Problem Free, Stress Free, Happy and Healthy Life (Meditation For Beginners to Relieve Anxiety and Bring Peace)**

*John Franz*

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### **Mindfulness: Powerful Techniques to Be In The Moment and Live a Problem Free, Stress Free, Happy and Healthy Life**

**Have you ever felt out of balance and unable to concentrate?**

**Have you ever had an issue reaching your goals and focusing?**

**Have you ever felt like you should be more positive but don't know how?**

If you have answered yes to any of the above questions then **Mindfulness: Powerful Techniques to Be In The Moment and Live a Problem Free, Stress Free, Happy and Healthy Life** is the book for you! This book was specifically created for beginners who want to get started with mindfulness meditation to relieve anxiety and increase their inner peace!

### **What Will I Learn In This Book?**

Here are some of the topics you will learn about in this book!

- Strengthening Your Immune System With Meditation
- Increasing Your Emotional Stability
- Handling Moments of Intense Anger
- Mindfulness in Your Personal Relationships
- Gaining Self-Knowledge and Reach Self-Awareness Through Mindfulness
- Increasing Your Concentration and Focus
- Fat Loss and Weight Loss through Meditation
- Improving Your Sleep and Dreams

These are just some of the things you will learn from this book!

If you are looking to improve your life in many aspects then meditation is a practice you should start IMMEDIATELY. Mindfulness meditation will not only make you happier, healthier and stress free. It will help you to truly find that inner peace inside of you which so many people desperately seem to be seeking

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