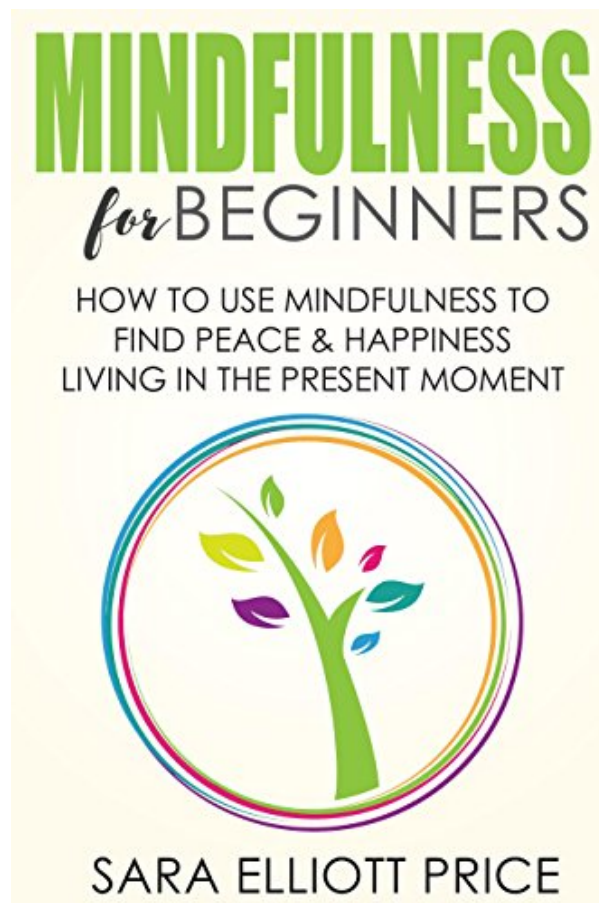


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About the Author

Sara Elliott Price is a best selling author in the health and self development genres. At a very early age she knew she had a passion to help others become healthier, better versions of themselves. She is a certified Holistic Health Counselor and a graduate of the Institute for Integrative Nutrition in NYC.

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Mindfulness Will Change Your Life -- Learn How To Start Living Each Day To The Fullest!

Are you tired of feeling stressed, and never having enough time? Would you like to have more happiness, peace, and love? Maybe you just want to stop procrastinating and create a better life for yourself?

No Matter What Problems You're Facing, Mindfulness Is The Answer...

Mindfulness is a philosophy that teaches us that in order to live a happy and productive life we must live in the present moment. Unfortunately, in today's world we live in the exact opposite way. We are present everywhere except right here, right now. You could even say that we live according to the philosophy of mindlessness. Always rushing, always multitasking but never stopping to actually live.

“Begin at once to live, and count each separate day as a separate life.”- Seneca

Our Mind Wanders Either In The Memories Of Our Past Or In The Dreams Of Our Future...

The present moment is considered too boring to merit our attention. We feel there are always more important things to do, more things we have to get done. So we give the present moment just enough attention to get by but nothing more than that. If we do become mindful of our present situation, it depresses us because we realize that we really have no control over our lives. In a moment of rare clarity we see that our real life and our ideal dream life are worlds apart.

To forget this fact we seek distractions in the form of reality television shows, cute cat pictures, social media, alcohol, shopping, fast food, drugs and anything else that numbs us to the current moment and our feelings.

But this is no way to live!

Inside these pages, you'll learn what mindfulness is all about and how to apply it in every aspect of your life.

Learn The Complete Concept Of Mindfulness, Not Just As A Meditation Technique But Also As A Life Philosophy...

Here's a small preview of what's inside...

- Learn what mindfulness is and how it can completely better your life
- How to do mindfulness meditation the right way
- How to practice mindfulness in daily life situations
- How to use mindfulness to align your life with your principles and values
- How to use the mindfulness habit to turn your life around and find lasting success and happiness
- Learn how mindfulness can make you more productive, less stressed, and in control of your life!
- Plus, so much more...

So, if you're stuck in the rat race of our modern world and always find yourself in limbo between the past and the future, then do yourself a favor and give this book a read.

You really can calm your mind, become happier, and create a better life.

And Mindfulness is the KEY!

Ready to increase your peace?

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In her spare time she enjoys practicing yoga, developing healthy recipes and gardening. She currently resides near Chapel Hill, NC with her husband Stephen and her daughter Lindsay.

Most helpful customer reviews

2 of 2 people found the following review helpful.

Awesome informative book on Mindfulness in your life.

By Sandra Nelson

This book is a great read on mindfulness. Many books on mindfulness cover meditation (which this book does also), however this book spends a lot of it's content on incorporating mindfulness into your daily life and strategies to do that. I found this book to be more essential than other books I have read on that topic for that very reason!

I really enjoyed how the author spoke about journaling as a technique to incorporate mindfulness into your daily life. It makes perfect sense! How often do we stop and think about how our actions affect us. When we are rushing around in our daily lives we basically go off instinct. There is no time in this modern day age way of doing things to do so! However, it's to our detriment in a sense, and journaling accomplishes a short time of reflection to bring our actions and their effects into our own awareness.

I've had a lot of great success with the techniques in this book! I highly recommend you add it to your library like I did! :)

1 of 1 people found the following review helpful.

Beautifully in line with eastern philosophy

By Amazon Customer

The book is very practical. It is perfectly in line with eastern philosophy preached by Buddha, and in the recent past by Sri Ramakrishna, Swami Vivekananda as truth brought from Upanishads- Dr E Ravishankar

0 of 0 people found the following review helpful.

... couple of workmates talking about 'mindfulness' - and how great it was

By Marc McLean

First heard a couple of workmates talking about 'mindfulness' - and how great it was. I didn't have a clue what they were on about at first but when they said it helps with stress I was ready to give it a try. Anything that chills you out and makes you happier has got to be worth a try, right?! This book has been a great introduction to mindfulness for me and I've already recommended it to my sister. It explains how living in the present, rather than focusing on the past or worrying about the future, is the way to be....and how to keep your emotions in check. Chapter 2 gives great, simplistic instructions on how to practice mindfulness meditation and this section is worth the cover price of the book alone. I've been practising before bed and it definitely helps me wind down after a long day !

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