



## The Mindfulness Habit: Six Weeks to Creating the Habit of Being Present

By Kate Sciandra

Llewellyn Publications, U.S. Paperback. Book Condition: new. BRAND NEW, The Mindfulness Habit: Six Weeks to Creating the Habit of Being Present, Kate Sciandra, Discover a demystified and easy approach to being present-anytime and anywhere-with this step-by-step guide to making your life more centred and mindful. Once you integrate mindfulness into your existing lifestyle, you'll become illuminated by a sense of calm, focus, and contentment that brings joy not only to you, but also to those whose lives you touch. The Mindfulness Habit helps you understand the value of living in the moment and offers many techniques for finding mindfulness opportunities. Explore a variety of topics related to meditation and habit formation, as well as extensive exercises to practise each week. No matter how busy your schedule is, you can find a place to calm the body and quiet the mind.

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