



Mindfulness for Beginners: Live in the Moment Without Stress and Worry! Learn to Live a Happy and Fulfilling Life! Enjoy Every Moment of Your Life! (Paperback)

By Emily MacLeod

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Enjoy your life! Live in the moment without stress and worry A great guide for anyone who wants to learn how to achieve a stress-free and worry-free life!Do you think about the future often or do you have a tendency to dwell on the past? Do you often zone out or daydream? Do you often worry about things that dont even matter? Do you routinely relive an embarrassing memory? Its a common knowledge that worrying is a symptom of an anxiety disorder. But, surprisingly, daydreaming is also a symptom of anxiety and depression. Thinking about the past or the future turns off some parts of your brain. This is the reason why you tend to forget things when youre worrying or day dreaming. Thinking about the future or the past too much can wreak havoc in your life. It can keep you from enjoying the little things and joys in life. It can keep you from noticing awesome everyday things. Worrying or daydreaming too often can make you feel like you are sleepwalking through life....



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