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Mindfulness: Taming the Monkey Mind: A Beginner's Guide to Use Mindfulness, Meditation, and Breathing to Calm Your Brain (mindfulness for beginners, mindfulness ... For Beginners, Depression, Anxiety)

Mitchell Wagner

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Proven, easy to understand Mindfulness Guide to bring calmness and clarity to your life.

Do you sometimes feel as if your brain is out of control? Do you wake up every day with your mind already racing, thinking of all the things you need to accomplish? Throughout the day, are you pulled in a hundred different directions at once? Lying in bed at night, do you replay the day's events, fretting over the things you should or should not have said or done? If this sounds familiar, you are not alone.

This common affliction is sometimes referred to as monkey mind. It is not that your brain is like a monkey's brain, but rather, that it is like a monkey, running to and fro, swinging from tree to tree, and never staying in one place for long. With this mindset, your brain never has a chance to rest, and your enemies want to keep it that way.

Stress, anxiety, and regret are the enemies of peace, tranquility, and focus. They are diametrically opposed to the one thing that can help tame your monkey brain: mindfulness.

This book will help you understand mindfulness and why it works. This book provides an easy to understand 21 day action plan to create the mindfulness habit that will lessen the impact of negative emotions and get you back to a healthy mind.

What You Will Learn in This Book

- A brief overview of the human brain and explains how stress hijacks your brain
- How mindfulness works to calm your brain
- A step by step mindfulness plan to follow for three weeks & beyond
- Practical tips to incorporate mindfulness everyday

Discover how you can finally put a stop to the dreaded "Monkey Mind"

Take action today and download this book!

tags: mindfulness for beginners, mindfulness meditation, mindfulness exercises, mindful eating, mindfulness solution, meditation, mindfulness solution, mindfulness books, mindfulness for life, mindfulness techniques, stress and worry, mindfulness therapy, meditation techniques, Buddhism, mindfulness books, let go of stress and worry, letting go of stress and worry.

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As people who live in often the modest era should be update about what going on or info even knowledge to make these individuals keep up with the era and that is always change and make progress. Some of you maybe will probably update themselves by studying books. It is a good choice for yourself but the problems coming to a person is you don't know what kind you should start with. This Mindfulness: Taming the Monkey Mind: A Beginner's Guide to Use Mindfulness, Meditation, and Breathing to Calm Your Brain (mindfulness for beginners, mindfulness ... For Beginners, Depression, Anxiety) is our recommendation to help you keep up with the world. Why, as this book serves what you want and want in this era.

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A lot of people always spent their very own free time to vacation as well as go to the outside with them loved ones or their friend. Did you know? Many a lot of people spent that they free time just watching TV, or even playing video games all day long. If you want to try to find a new activity that is look different you can read a new book. It is really fun in your case. If you enjoy the book that you read you can spent 24 hours a day to reading a publication. The book Mindfulness: Taming the Monkey Mind: A Beginner's Guide to Use Mindfulness, Meditation, and Breathing to Calm Your Brain (mindfulness for beginners, mindfulness ... For Beginners, Depression, Anxiety) it is quite good to read. There are a lot of people that recommended this book. These were enjoying reading this book. In the event you did not have enough space to develop this book you can buy the e-book. You can m0ore simply to read this book through your smart phone. The price is not to cover but this book provides high quality.

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