



## Mindfulness for Life : A Six-Week Guide to Inner Peace

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By Doyle Oli

Paperback. Book Condition: New. Not Signed; Description: Take a break from your mind and step into the present moment with MINDFULNESS FOR LIFE. Mindfulness is more than a set of tools to help manage the stresses of life; it's also about enhancing your overall wellbeing. In MINDFULNESS FOR LIFE, mindfulness teacher Oli Doyle shows you how living in the present moment can help in all areas of your life, including work, relationships, family life, creativity, memory and decision-making. Unlike many mindfulness books, Oli deconstructs the practice into everyday language. The easy-to-follow plan is broken down into six-week segments, with each week focused on a basic mindfulness principle. This book is also accompanied by daily online exercises to help your mind work more effectively and build your confidence. book.



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