

Copyrighted Material

A SLOTH'S GUIDE TO MINDFULNESS



BY TON MAK

Copyrighted Material

Ton Mak

A Sloth's Guide to Mindfulness



[continue reading](#)

It's OK to slow down. Let the other pets run around, you do you. Have a pause and focus on your breath. Adhere to a serene and smiley sloth through a series of light meditations and daily reflections with this unexpected and snuggable lead. With playful information and delightfully charming illustrations, this no-sweat approach to enlightenment is a nice reminder to take your time and smile. From basic breathing exercises and guided visualizations to the benefits of chewing your leaves slowly and remaining present while hanging from a tree, this little illustrated reserve of mindfulness will help visitors discover the path to a peaceful, philoslothical lifestyle.



[continue reading](#)

Too cute and incredibly useful I love sloths therefore i took a chance on this book and We was so happy I did. The illustrations are excellent and the advice on getting mindful is fantastic, too. I certainly recommend it for all age groups. One of my all time beloved books This is an amazing book! I really like how it includes a wonderful story and that it reminds you to become easy on yourself, to take pleasure from the moment, also to also care for you. I loved it so much I purchased a duplicate for my 2nd cousin who's in her 1st semester of college- and she loved it. and she loeys it! Self care is so important - which book is the perfect reminder. Delightful This book is charming. I love it. Very cute simple method to approach mindfulness This book is easy, but an awesome take on the idea of slowing and trying to be careful. I've go through it multiple instances, and it speaks to someone who tries to do everything perfectly at warp speed.. gift .. This book is also great to read before bed to unwind, or anytime you are feeling overwhelmed. Cute book Got it as something special and the recipient loved it. I would definitely recommend this great reserve to a friend. I bought it as a gift for a friend (who is a believer in practicing mindfulness) and ended up buying another for myself because I treasured it so much.



[continue reading](#)

download free A Sloth's Guide to Mindfulness djvu

download A Sloth's Guide to Mindfulness fb2

[download Two Minute Mornings: A Journal to Win Your Day Every Day pdf](#)

[download Just When You're Comfortable in Your Own Skin, It Starts to Sag: Rewriting the Rules to Midlife fb2](#)

[download Happiness Is... 2019 Daily Calendar djvu](#)