



# The Little Book of Mindfulness

**10 Minutes a Day to  
Less Stress, More Peace**

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**Little Book of Mindfulness: 10 minutes a day to less  
stress, more peace**



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Mindfulness may be the easy way to gently forget about stress and be in as soon as. Bring these simple 5- and 10-minute practices into your day to get freedom from stress and ultimately, more peace in your life. It has fast end up being the slow way to control today's world - without chanting mantras or locating hours of special time and energy to meditate.



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No frills, easy way to start mindfulness! Fast, easy, accessible method to start mindfulness. There are a lot of theory on mindfulness and you can find lots of readings out there that talk about the ideology much much more.. Perfect Little Book Absolutely love this small book. Doesn't take enough time I take advantage of this little book each day and really love it. It's how I discovered mindfulness in the beginning, when I was simply told to jump in. And this is effective for that. No frills. I'd read a little bit every day just to learn a little more. My grandson actually appeared through it and believed it might be something he'd like to read -- he's 8 yrs . old! Gramma is trying to teach him the significance of quiet time every day and gratitude.) and now I understand more in what mindfulness is and will teach it to my customers and their parents or caregivers... As well as the gorgeous illustrations and wonderful meditations, there are also exercises to stretch both body and your brain. This is it! Short read and little time needed for each exercise. I use this little book each day and really like it.. I am a high stress individual which book gave me basic exercises to obtain my anxiety in order. Read it and begin your way to mental clarity and calm. This is a simple approach to a lifelong practice. Great Book, A must Read. I really like this book. It offers you lots of ways to be mindful throughout your day. it had been spiral bound - and will be actually better if it had been for some reason I thought it was spiral bound - and would be even better if it had been, but it's SMALL. My grandson even looked through it and thought it might be something he'd like to read -- he's 8 years old I am continually on the look out for small mindfulness type books and this one suit you perfectly perfectly. It has actually helped me discover ways to relax and be more stress-free?. I would recommend this book to all my friends. It's well put together too, an adorable little book! It really is amazing what a difference small changes can make.... It offers you small exercises to do to help you are more mindful. I was looking for an introductory book on mindfulness. but offers some great basic mindfulness concepts all come up with according to just how much time you have.. . A little book full of mindfulness There's so much away there about mindfulness, I've read a lot of them and I found this to be one of the best. Can match anyones schedule Lovely! I really like the 5-10 min exercises merely to get your day began and to have a break during the day. Doesn't take much time. I am a therapist and work with children (foster care, etc. Read it and begin your way to mental clearness and . Great Great reserve with the basics. It was very helpful. Very helpful! especially each day or evening before bed. thanks Easy and cute. Simple little book. I have it in my own travel bag for all those occasions I have a small wait somewhere. Very short book We was expecting more articles. Perfect small travel book.. However, that is great for on the go. Perfect little travel book in mindfulness if your trapped in a waiting space, or about transit, or need a little break. That is also a great giftable book. Bought as

something special Says it was an excellent read so satisfied with purchase. Five stars Great book! nice great little book to learn periodically. And honestly, by the end of the day, it isn't about how very much you know, it's just about practicing mindfulness, which takes time, take practice to just get accustomed to. I maintain it in my own purse at all times!



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