



**Mindfulness: 365 Days of Mindfulness: Daily
Mindfulness Tips and Quotes (Over 365 Pictures)
(With Over 365 Mindfulness Tips & Quotes)
(Mindfulness - Meditation - Exercises - For
Beginners)**

White Lemon

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Mindfulness: 365 Days of Mindfulness: Daily Mindfulness Tips and Quotes

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SPECIAL BONUS: Over 365 Pictures, and Over 365 FREE Mindfulness Tips & Quotes

365 Days of Mindfulness

We have provided you with 365 thoughts for the day, one for each day of the year. These tips will help set a positive tone for your day and invoke happy feelings in you. Each thought is accompanied by a quote, which sheds some light on the tip and pushes on the road of happiness and self-acceptance.

Mindfulness is said to be the deliberate, accepting and non-judgmental emphasis of your attention on the feelings, views and sensations that occur in the present moment, without thinking about the baggage the past leaves us with or the worries of an uncertain future.

You do not need long speeches of motivation to make you feel happy, a little positive thought is enough to make you feel good about yourself. This is what mindfulness is about – taking control of your thoughts and getting rid of all the negativity inside you.

Here Is A Preview Of “365 Days of Mindfulness Tips and Quotes”

Tip: Always look at the positive side of every situation you face in life, after all everything that happens in

life, happens for a reason.

Quote: "Some people grumble that roses have thorns; I am grateful that thorns have roses." – Alphonse Karr

Tip: Get to work on your dreams. Take that little step in the right direction. It doesn't have to be a big thing. One tiny push is all that is necessary. But, make sure you give put your everything into it!

Quote: "If you have a dream, don't just sit there. Gather courage to believe that you can succeed and leave no stone unturned to make it a reality." – Roogleen

Maintaining Mindfulness in Daily Life

"Research shows that regularly practicing mindfulness can improve well-being, lower stress and lead to improved psychological functioning."

Sounds good doesn't it? You will find many such tips in this eBook that will brighten your day and lead you towards the road of healthy living, because a happy person is a healthy person!

Want to be happier? Download this eBook and Stay Mindful TODAY!

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