



**Mindfulness Box Set: Proven Lessons and Easy Techniques to Reach Physical, Cognitive and Inner Balance for Life Without Stress and Worries (Mindfulness, ... for beginners, mindfulness meditation)**

*Jean Neal, Virginia Bailey, Sylvia Boyd, Sara Pena*

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### **BOOK #1: Mindfulness: 23 Helpful Mindfulness Exercises for Life Without Stress and Worries**

Being aware of the present moment is definitely a good tool in helping us enjoy the world around us more. We are able to understand ourselves better and this self discovery is a definite way to live fulfilled lives. This book has been written to encourage and enhance the deep rooted knowledge of what mindfulness entails and how it can be adopted into our daily living. This book includes deep wealth of knowledge regarding the practice and state of mindfulness.

### **BOOK #2: Yoga For Beginners: 12 Amazing Breathing Techniques for Absolute Beginners To Help You Relax and Reduce Stress**

If you're looking for yoga techniques to help you relax, then this is the book you need. We all get stressed from time to time, but not everyone knows how to deal with it. This is where this book can come in and make a huge and realistic difference to your everyday life.

### **BOOK #3: Tai Chi For Beginners: 12 Lessons For Reaching Physical, Cognitive and Inner Balance**

Tai Chi is a series of gentle exercises practiced by many as a relaxation method, hugely beneficial in today's busy and stressful lifestyle. The health benefits are tremendous, from improving mobility, the health of joints and muscles, and most of all, relaxing and calming the mind. Tai Chi can assist those who suffer stress, anxiety and tension. But more about this will be discussed within the book.

## **BOOK #4: Tai Chi For Beginners: Top 10 Tai Chi Lessons for Beginners: Achieve the Complete Harmony, Boost Your Energy and Get Incredible Emotions by Discovering the Strength of Tai Chi**

Are you constantly stressed and need an exercise that doesn't require a lot of physical movement but still benefits your emotional and physical needs? Then you may want to try reading this book on Tai chi, a beginner's guide to everything you need to know about this ancient practice. Tai chi has been around for centuries and is a well-known form of martial arts in China, but its appearance in the United States did not become well-known until the 1960's. Psychologists and scientists agree that the practice of Tai chi is both beneficial to your emotional and physical health.

## **BOOK #5: Meditation: How to Meditate for Beginners. Why Transcendental Meditation is the Best Meditation for Anxiety**

Meditation has been a powerful exercise used to help relieve stress and clear the mind. It has been practiced for many years and yet many people have a misconception about taking on this form relaxing exercise. This book will not only rid you of the misconception you may have about meditation but will teach you that there are a variety of ways you can meditate. You will learn that meditating can benefit you whether you are in an overcrowded city or living in a quiet log cabin. Meditating is a beneficial, simple and powerful exercise that can be adapted to fit any lifestyle, setting and desired improvements.

## **BOOK #6: Third Eye: The Ultimate Guide To Third Eye Opening, Activation Mastery. 12 Proven and Easy Techniques to Increasing Awareness And Consciousness**

Third eye reflects a higher level of understanding and foresight which takes special knowledge and personal training of the mind to achieve. The good news is that you can develop and effectively maximize the use of your third eye without having to become psychic. This book has been written to help you as an individual in the understanding and knowledge of what having a third eye is all about and how you can develop and sustain it.

## **Getting Your FREE Bonus**

Download this book, and find "**BONUS: Your FREE Gift**" chapter right after the introduction or after the

conclusion.

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