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May 18th, 2020 - this book covers many topics and techniques on how to reach the goal that is a stress free and an enjoyable life it contains a solid explanation on what mindfulness is an excellent and very interesting detailed story about the history of mindfulness from thousands of years ago to the present day and of course many useful techniques for practicing mindfulness and obtaining its benefits'

'10 awesome mindfulness tips for beginners buddhaimonia

May 20th, 2020 - in order to start you off on the right foot i've analyzed a list of my best mindfulness tips for beginners just starting out on the path to living a more mindful life these are all the things that i myself have found to be important made the mistake of not doing or both at the beginning of my own practice'

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