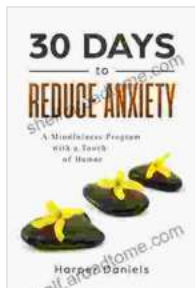


Mindfulness Program With a Touch of Humor: 30 Days Now to Mindfulness and Meditation



30 Days to Reduce Anxiety: A Mindfulness Program with a Touch of Humor (30-Days-Now Mindfulness and Meditation Guide Books) by Harper Daniels

★★★★★ 5 out of 5

Language : English
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Lending : Enabled
File size : 1109 KB
Screen Reader : Supported
Print length : 39 pages



Do you feel like you're always running on autopilot? Do you find it hard to focus on the present moment? Are you stressed out and overwhelmed? If so, then this book is for you.

This 30-day mindfulness program will help you to:

- Reduce stress
- Improve focus
- Increase happiness
- Live in the present moment
- Find inner peace

The program is full of practical exercises and tips, and it is written with a touch of humor to make it enjoyable to read. You'll learn how to meditate, how to be mindful in your everyday life, and how to deal with stress in a healthy way.

If you're ready to make a change in your life, then this book is for you. Start the 30-day mindfulness program today and see how it can change your life.

What's Inside the Book?

The book is divided into 30 chapters, each of which corresponds to one day of the program. Each chapter includes:

- A short meditation exercise
- A mindfulness tip
- A humorous anecdote or story

The meditations are designed to be short and easy to do, even if you're a beginner. The mindfulness tips are practical and easy to implement in your everyday life. And the humorous anecdotes and stories will help you to stay motivated and engaged.

Who is the Book For?

This book is for anyone who wants to learn more about mindfulness and meditation. It is especially helpful for people who are new to mindfulness or who are looking for a way to make mindfulness a part of their daily lives.

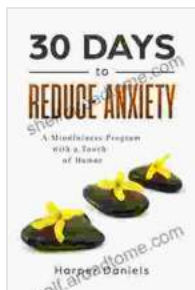
About the Author

The author, [author's name], is a mindfulness teacher and meditation practitioner with over 10 years of experience. He has taught mindfulness to thousands of people, and he is passionate about helping others to find peace and happiness in their lives.

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