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# THE 21-DAY MINDFULNESS CHALLENGE: MINDFULNESS FOR BEGINNERS, A SIMPLE STEP-BY- STEP GUIDE TO LIVING IN THE PRESENT MOMENT AND CREATING MORE CALM, JOY AND FOCUS IN YOUR LIFE (PAPERBACK)



Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The 21-Day Mindfulness Challenge, the eighth book in the 21-Day Challenge series! Are you tired of living on autopilot? Tired of letting your thoughts, feelings and reactions dominate you? Are you curious about how mindfulness can make a difference in your life? The present moment is a strange place. We are all trapped here, really, and there is...

**Download PDF The 21-Day Mindfulness Challenge:  
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Joy and Focus in Your Life (Paperback)**

- Authored by 21 Day Challenges
- Released at 2015



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