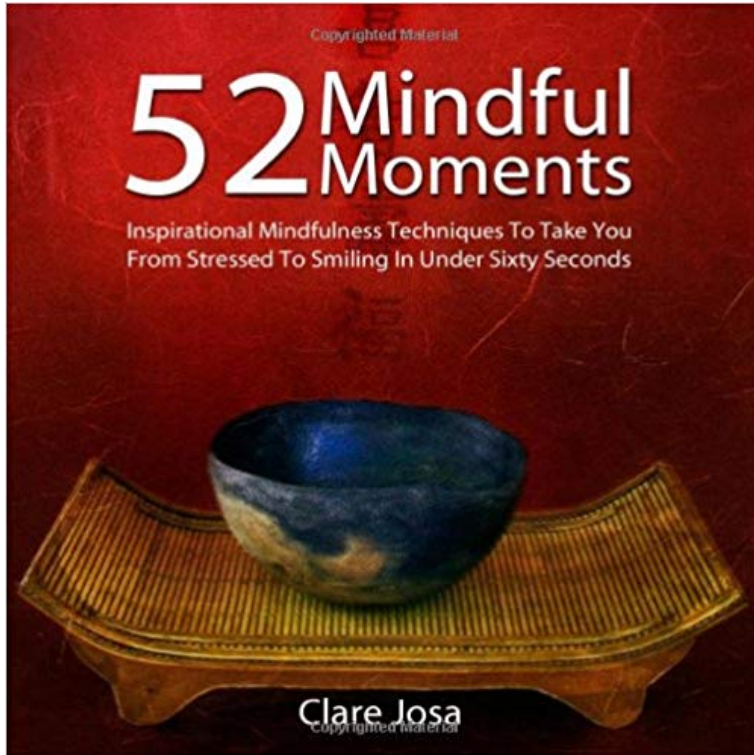


## 52 Mindful Moments: Inspirational mindfulness techniques to help you de-stress and feel calmer - in under a minute



Want to feel less stressed, happier, calmer and more at peace, but you don't have the time? What if all it took to change your life was one mindful minute? Could you spare that long? The inspirational mindfulness techniques in 52 Mindful Moments will help you to shift away from feeling stressed, worried and exhausted, to feeling calmer, happier, more at peace and more alive, in under a minute. When you know how to be mindful, you'll find stress relief is at your fingertips. You don't have to wade through hundreds of pages of a mindfulness book, if you have 52 Mindful Moments in your bag, you're only ever 60 seconds away from de-stressing and feeling happier. But isn't changing your life difficult - and something that takes years of hard work? Most of us are so busy running around in our stress-heads that we feel totally overwhelmed at the thought of making changes in our lives - and inner peace feels beyond our grasp. Surely that involves reading long books, going on lots of courses and spending years, turning your legs into a pretzel and meditating? Your inner peace is less than a minute away. In fact, inner peace is there, waiting for you, in this moment - and it doesn't have to be difficult. You can change your life in under a minute. Find mindfulness tools that work for you, no matter how busy you are. Each technique is stand-alone - so you can read the book cover-to-cover, or dip in at random - and change your life in under a minute. The techniques are practical, easy to learn and quick to use, so you don't have to wade through chapters of theory, before experiencing the shift you're looking for. These inspirational, bite-sized tools, tips and insider secrets will help you experience the life-changing impact of living in the moment, no matter how busy you are. You can take 52 Mindful Moments with you every day, to dip into it whenever you need to de-stress. Do this for a few weeks and you'll notice you're not getting as

stressed as you used to - this book makes it easy for you to change your life. You also get free membership of the 52 Mindful Moments Readers Club, with a bonus 15 minute mindfulness meditation and lots of extra articles and videos - plus your very own readers club forum area, to get answers to your mindfulness questions. Fluff-Free Zone - Packed with the essentials you need, right here, right now. As a reformed Mechanical Engineer, Clare Josa is renowned for teaching her inspirational message in a way that is easy to understand, whilst practical and fun to apply - no fluff; no jargon; no padding. She has been a certified Trainer of NLP (the User Manual For Your Brain) for over a decade and is a formally-qualified Meditation & Mindfulness Teacher, as well as a busy mum of 3 young boys, so she applies the stuff she teaches on a daily basis - she knows that it works. This book doesn't go into the details of how to fix stress or how to change your life - that's not what you have time for, when you're in the middle of life. Instead, these practical, inspirational mindfulness techniques, with their inspired blend of modern psychology, will be waiting for you, whenever you most need them, ready to take you back to that place of inner peace and calm, in under a minute. Buy 52 Mindful Moments Today. Discover how easily mindfulness can help you to reconnect with your sense of inner peace and happiness - fast. With 52 Mindful Moments, you'll build up a de-stressing happiness toolkit that can stay with you, for life.

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