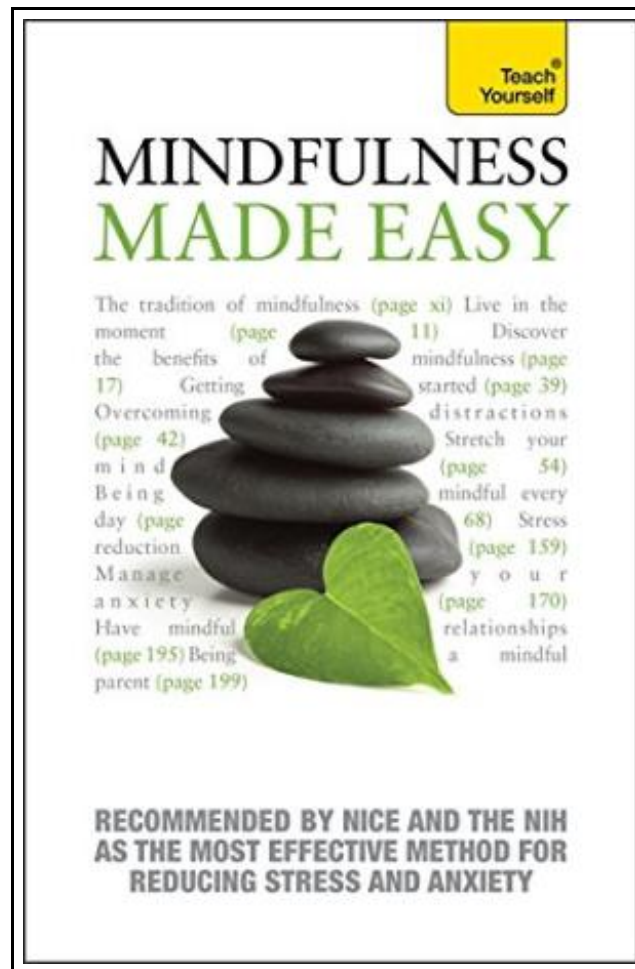


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MINDFULNESS MADE EASY: TEACH YOURSELF: TEACH YOURSELF A PRACTICAL WAY TO BE HAPPIER AND HEALTHIER



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Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, Mindfulness Made Easy: Teach Yourself: Teach Yourself a Practical Way to be Happier and Healthier, Martha Langley, Mindful meditation has been around for thousands of years, and now it is being used by top therapists as a highly effective way of overcoming anxiety, depression and a number of other emotional difficulties. If you are suffering from low mood, feeling anxious, or just want to learn an amazing technique for gaining control of your mind and feelings, this book is a clear and approachable introduction to the power of Mindfulness. The most straightforward guide available, it gives step-by-step instructions on how to practice Mindfulness, showing you a variety of different exercises, before explaining exactly how to use Mindfulness to overcome almost anything, from depression and anxiety to over-eating and relationship difficulties. Discover how to be Mindful in your daily life, and find a new, more peaceful path to walk every day.

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