



How Mindfulness Can Change Your Life in 10 Minutes a Day: A Guided Meditation

By Andy Puddicombe

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From one of the world's top mindfulness experts comes the ultimate tool for clearing out mental clutter and improving every aspect of your physical and mental health.

With this ten-minute guided meditation, learn a simple yet powerful technique that's been tested by time and now adapted to fit into even the most hectic modern lifestyle. And reap incredible benefits! Doing this exercise on a daily basis can help you relieve stress, have stronger relationships, reduce anxiety, sleep more, find a healthy weight, control your emotions, be more productive... the list goes on and on.

If you enjoy this meditation, don't miss Andy Puddicombe's book GET SOME HEADSPACE (coming June 2012), which provides many more techniques and exercises, as well as the fascinating science behind mindfulness.

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How Mindfulness Can Change Your Life in 10 Minutes a Day: A Guided Meditation By Andy Puddicombe Bibliography

- Sales Rank: #243177 in eBooks
- Published on: 2012-04-24
- Released on: 2012-04-24
- Format: Kindle eBook

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