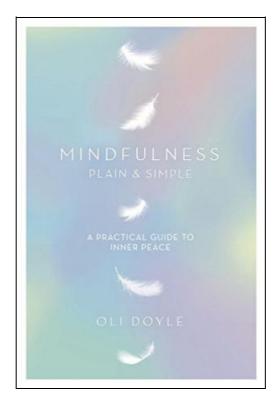
# Mindfulness Plain & Simple



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# Reviews

A brand new electronic book with a new standpoint. It is writter in basic phrases rather than confusing. Its been designed in an extremely basic way which is merely right after i finished reading through this publication where basically altered me, change the way i believe. (Kitty Crooks)

# MINDFULNESS PLAIN & SIMPLE



Orion Publishing Co. Paperback. Book Condition: new. BRAND NEW, Mindfulness Plain & Simple, Oli Doyle, MINDFULNESS PLAIN & SIMPLE provides the tools, tips and tricks you need to de-stress and de-clutter your mind. Inner peace and happiness are available now, and they're closer than you think. By taking just a few minutes out of your day and making the simple but dramatic shift into the present moment, you will find more focus, effectiveness and clarity than you ever thought possible. There is no jargon, religion or new age vision quest, just simple tools to be happier and more confident straight away. Oli Doyle is renowned for teaching mindfulness directly to those with no experience. For anyone seeking a simple, practical guide to living mindfully, this book is a must.

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