



## Smiling Mind: Mindfulness for Everyone, Everyday

By Jane Martino, James Tutton

Bolinda Audio, United States, 2016. CD-Audio. Book Condition: New. Unabridged. 165 x 140 mm. Language: English . Brand New. Along with adult colouring, mindfulness is one of the most popular ways for people to find time to relax, breathe, and let go of anxiety. Smiling Mind provides personal insight into the practice of mindfulness meditation, borrowing directly from the authors own experience and success with using mindfulness through the trials and tribulations of their everyday lives. Coming from a firm belief that mindfulness can take people to a more positive, happy and emotionally aware place, the authors demonstrate how this can be achieved in all areas of our lives our work, relationships, families and parenting. They explain what switching on or being mindful is and how it works. They bust those myths we tell ourselves that keep us from being truly happy and free. Smiling Mind is full of ideas, advice, practical tools, and inspiration to lead a life that is fulfilling, passionate and emotionally healthy, which in turn means we can build thriving, happy, and successful communities.



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