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Not only can you choose from a selection of 71 mindfulness habits, you will also discover the practical tools to turn these actions into automatic behavior. In 10-Minute Mindfulness you can "choose your own adventure" and pick the mindfulness habits that will have the biggest positive impact on your life. Would you like to know more?

10 Minute Mindfulness 71 Habits

Thanks for purchasing 10-Minute Mindfulness: 71 Simple Habits for Living in the Present Moment. I ' ve put together these notes of every link that ' s mentioned in 10-Minute Mindfulness to help with your mindfulness habit efforts. IMPORTANT: As another way of saying " thanks " for buying the audiobook of 10-Minute Mindfulness, I ' m offering a free PDF version of this book.

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10-Minute Mindfulness: 71 Habits for Living in the Present ...

In 10-Minute Mindfulness, Wall Street Journal bestselling authors S.J. Scott and Barrie Davenport show how to anchor yourself in the present moment, even if it's for just a few minutes at a time. This book is for anyone who recognize the need to improve their focus, productivity, happiness, and peace of mind. Not only can you choose from a selection of 71 mindfulness habits, you will also discover the practical tools to turn these actions into automatic behavior.

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Below is the complete table of contents offered inside 10-Minute Mindfulness: 71 Habits for Living in the Present Moment PDF: PART I: INTRODUCTION PART II: BUILDING MINDFULNESS HABITS PART III: MORNING MINDFULNESS HABITS PART IV: LATE-MORNING MINDFULNESS HABITS PART V: AFTERNOON MINDFULNESS HABITS PART VI: EVENING MINDFULNESS HABITS

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It suggests mindfulness habits in very specific detail. Practicing any one of the habits for 10 minutes a day will lead to it becoming a habit for you to use whenever you need to focus your life. The meat of the book is a series of 71 habits arranged by time of day: morning, late morning, afternoon and evening.

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10-Minute Mindfulness: 71 Habits for Living in the Present ...

In 10-Minute Mindfulness you can create your own mindfulness habits by selecting your favorite ones among 71 possible actions and exercises. Sometimes you can be unaware of lifestyle decisions, everyday routine or even your thoughts. You may be ignorant of your real beliefs, goals for life, and deeper longings.

[Amazon.co.uk: Customer reviews: 10-Minute Mindfulness: 71 ...](#)

5.0 out of 5 stars A Fantastic Collection of Habits That Bring Piece of Mind and Greater Awareness...in only 10 Minutes! Reviewed in the United States on June 2, 2017. This is a fantastic collection of mindfulness habits by Steve Scott and Barrie Davenport. The book starts off by asking a very important question that gets you thinking: "How can you remain in the present when you have to plan, schedule, achieve goals and live life in a world that is so focused on the future?"

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