



The Book of Mindfulness: Quotes, Statements and Ideas for Peaceful and Positive Living

By Lizzie Cornwall

Summersdale Publishers. Paperback. Book Condition: new. BRAND NEW, The Book of Mindfulness: Quotes, Statements and Ideas for Peaceful and Positive Living, Lizzie Cornwall, 'Feelings come and go like clouds in a windy sky. Conscious breathing is my anchor.' Thich Nhat Hanh Peace, quiet and tranquillity; they're what we all long for in this busy world of ours. But sometimes they can seem impossible to reach. Mindfulness techniques can reduce the noise and stress of everyday life by creating small moments of calm, and can help you reach a happier state of mind. This Book of Mindfulness contains both uplifting quotations and a host of ideas you can use throughout the day, in any situation, which will help you to focus on the moment and find inner happiness.



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