



A Change Your Life One Day at a Time: The Ultimate Manual for Living a Long, Healthy and Happy Life

By Ilona Boniwell, Patricia Macnair

Modern Books. Other book format. Book Condition: new. BRAND NEW, A Change Your Life One Day at a Time: The Ultimate Manual for Living a Long, Healthy and Happy Life, Ilona Boniwell, Patricia Macnair, A Year of Mindful Living includes 365 practical and accessible pieces of advice that can be easily incorporated into everyday life. The book works on the principle that the cumulative effect of such simple changes and moments of awareness will enable noticeable, holistic improvement. Distributed evenly across four seasonal chapters, the entries cover nutrition, mind, relationships, physical environment, fitness and natural beauty - so everything from eating blueberries to watching a sunset. This book is there to help you realise how many lifestyle choices - the food you eat, the gestures you make, your pastimes, the way you think - are within your power to change for the better. It is about taking control and being attuned to your mind and body, and in doing so take positive steps towards wellbeing. Beautifully presented with full-colour photography, A Year of Mindful Living is designed to inspire and enrich, through small changes that can make a big difference. This ultimate lifestyle guide promotes mindfulness, a focus of attention...



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Reviews

This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You wont feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).

-- Prof. Kirk Cruickshank DDS

This kind of book is every little thing and taught me to looking ahead of time and a lot more. I am quite late in start reading this one, but better then never. I found out this book from my dad and i encouraged this pdf to find out.

-- Justus Hettinger