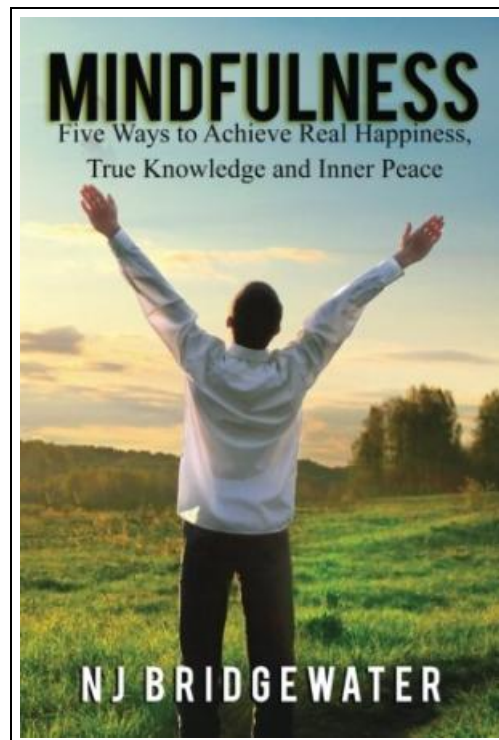


## Mindfulness: Five Ways to Achieve Real Happiness, True Knowledge and Inner Peace (Five Ways to Be) (Volume 1)



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Jaha Publishing. Paperback. Condition: New. 278 pages. Dimensions: 9.0in. x 6.0in. x 0.6in. Dear reader, How can we be truly happy How can we achieve inner peace and mindfulness How can we maintain true balance in our lives What is our true purpose in this world These questions and more are answered in Mindfulness: Five Ways to Achieve Real Happiness, True Knowledge and Inner Peace. I have searched out the key books on wisdom and philosophy which hold answers to these questions and has extracted the core teachings and principles which they contain. I have encapsulated these into Five Ways to Be, which are patterns or ways of living in harmony with ones higher self. There are also Five Practices which accompany these Ways to Be, giving a practical method of developing the right attitudes, behaviour and mindset to achieve a state of mindfulness and happiness. In addition, for each practice, he lists a number of steps for further development. These will allow the reader to take action immediately to put all the Ways to Be into practice. Mindfulness means, simply defined, to be conscious or aware of something. In the context of this book, however, it also means achieving a mental state of awareness which allows you to embrace your higher nature while remaining conscious of the impermanence of all material things. This will allow you to achieve a state of balance which is called equanimity. The Five Ways to Be, therefore, can be described as the philosophy of equanimity. This book will help you to achieve a state of mindfulness and equanimity, so that you can live at one with yourself and your spirit, and feel true happiness and joy. Happiness is not just material pleasure. True happiness comes from within. What will you learn in this book How...



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