



## Buddhism, Reiki Mindfulness (Paperback)

By Kellie Sullivan

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Mindfulness Have you ever wished life would just slow down? Have you ever felt like you are racing the clock? I bet everyone has at one point or another. We get stressed, frustrated and angry over something we can't change. Life will never slow down so to speak, but we can accept this and become mindful of ways to approach this problem. This book will give you insight into a mindfulness world. With over 50 examples and tips, mindfulness will become second nature to you. You will be observing the world around you and figuring out things you never knew. You will feel strong, relaxed and happy at the end of the day. Tired of having a chaotic lifestyle and feeling lost all the time? Buddhism For Buddha, the path to a true happiness starts from the understanding of suffering's root causes. Those people who are considering Buddha a pessimist due to his concern with the suffering have missed the right point. As a matter of fact, Buddha is a very skillful doctor and he can immediately break the...



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