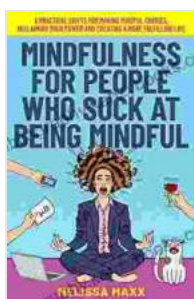


Mindfulness for People Who Suck At Being Mindful: The Ultimate Guide to Finding Zen in the Modern World

If you're like most people, you've probably tried mindfulness and failed. You sat down to meditate, but your mind raced. You tried to be present, but you couldn't stop thinking about the past or the future. You felt like a failure, and you gave up.



Mindfulness for People Who Suck at Being Mindful: 6 Practical Shifts for Making Mindful Choices, Reclaiming Your Power, and Creating a More Fulfilling Life

by Melissa Maxx

★★★★☆ 4.8 out of 5

Language : English
File size : 1652 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 37 pages



But what if I told you that you're not alone? What if I told you that there's a way to practice mindfulness that's actually fun and easy?

In her new book, *Mindfulness for People Who Suck At Being Mindful*, Dr. Kristen Neff shows you how to bring mindfulness into your everyday life

without having to sit still for hours on end. With her trademark wit and wisdom, Dr. Neff offers practical tips and exercises that will help you:

- Reduce stress and anxiety
- Improve your focus and concentration
- Increase your happiness and well-being
- Cultivate self-compassion and acceptance
- Find zen in the midst of the modern world

If you're ready to give mindfulness another try, this is the book for you. Dr. Neff will show you how to make mindfulness a part of your everyday life, and you'll be amazed at the difference it makes.

What people are saying about *Mindfulness for People Who Suck At Being Mindful*:



“This book is a lifesaver! I've tried mindfulness before, but I always got discouraged because I couldn't sit still for very long. Dr. Neff's approach is so much more accessible and fun. I'm actually enjoying practicing mindfulness now, and I'm already seeing the benefits in my life.” - Sarah M.



“I love Dr. Neff's sense of humor and her ability to make mindfulness relatable. This book is full of practical tips that I

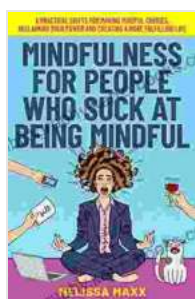
can actually use in my everyday life. I'm so grateful for this resource!" - John B."

“

"If you're like me and you've always thought mindfulness was too boring or too hard, this book is for you. Dr. Neff shows you how to make mindfulness fun and easy, and she offers a lot of helpful tips for overcoming common challenges. I highly recommend this book!" - Mary P."

Free Download your copy of *Mindfulness for People Who Suck At Being Mindful* today!

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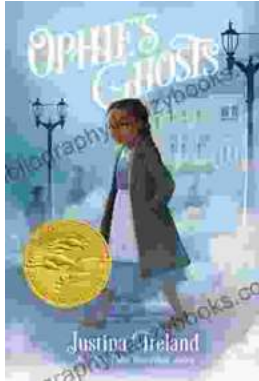
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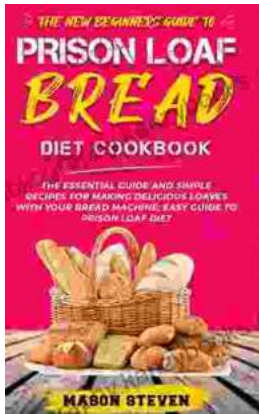
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