



The Mini Book of Mindfulness: Simple Meditation Practices to Help You Live in the Moment

By Camilla Sanderson

Running Press. Hardback. Book Condition: new. BRAND NEW, The Mini Book of Mindfulness: Simple Meditation Practices to Help You Live in the Moment, Camilla Sanderson, Mindfulness is needed at this point in our planet's history more than ever-- now it's easy to attain with this pocket-sized calming companion, which offers simple mindfulness meditation practices and exercises to help readers get centered and de-stress throughout the day. Illustrated with charming spot art throughout, The Mini Book of Mindfulness will help readers develop awareness of the present moment and live life to its fullest.

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