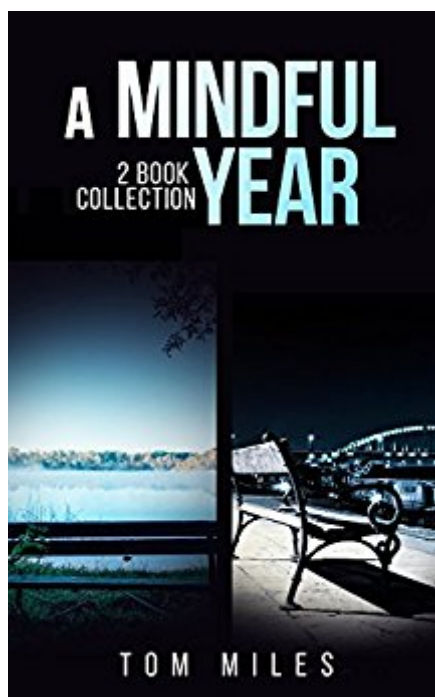


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A Mindful Year: 2 Book Collection (Self Help, Meditation, Mindfulness)



Synopsis

Discover a Mindful Approach to Self Help with Tom Miles's 2 Book Collection Are you dissatisfied with aspects of your health, wealth, relationships and happiness? Do you experience anxiety, fear, and overwhelm on a regular basis? Do you feel awkward in social situations? Are you dissatisfied with where you are in your life right now? Or do you wish you had more direction? All these challenges are covered in A Mindful Year: 2 Book Collection Get 2 of Tom Miles's Personal Development books for \$3.99, reduced from the retail price of \$6.98 (Save over 40%). The 2 books include: A Year For Change Mindfulness For Beginners In A Year For Change: 52 Simple Steps to Transform Your Life, you'll learn how to create success in 12 broad areas of your life. Within each categories are a handful of actionable habits, truisms and pieces of advice. The total of which is 52, one for each week of the year. In Mindfulness For Beginners: 28 Steps To Becoming More Present Through Mindfulness Meditation, you'll discover how to become more present, stop feeling overwhelmed and let go of fear and anxiety in 28 mindful actions. Everything in it is simple and easy to follow â " it contains specific, easy-to-do tips and exercises. This book is meant for the beginner and will start you out on your journey of mindfulness. Tom Miles's A Mindful Year: 2 Book Collection will help you to improve how you control your mind in short, realistic and actionable steps. Buy both books today at over 40% off the cover price!

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