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Mindfulness MEDITATION

For Beginners

A Simple Guide to Mindfulness Meditation
- Practice Journal Included -

By
Michelle McClellan
Psychologist
Mindfulness Trainer
Life Coach

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A simple guide to start your mindfulness journey...

Mindfulness Meditation For Beginners

Ebook Mindfulness Meditation

R Sanford



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Ebook Mindfulness Meditation Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Ebook Mindfulness Meditation**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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