



Mindfulness on the Go: Inner Peace in Your Pocket

Padraig O'Morain

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Mindfulness in Minutes

Who has time to meditate, chant in the lotus position or read spiritual tomes on finding inner calm? Relax! Mindfulness doesn't have to be another chore. It can be found on your morning commute, during your coffee break or when you're waiting in line at the grocery store.

This user-friendly handbook is packed with tips to help you slow down, refocus and practice a form of mindfulness that fits into your hectic schedule. Whether you're at work, at home or traveling, Mindfulness on the Go will help you:

- Stop wasting mental and emotional energy
- Boost creativity
- Manage stress, anxiety and anger

Find those moments of peace and quiet—no yoga mat, chanting or incense required.

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Spent a free time to be fun activity to try and do! A lot of people spent their down time with their family, or their own friends. Usually they undertaking activity like watching television, gonna beach, or picnic inside the park. They actually doing same every week. Do you feel it? Do you need to something different to fill your own personal free time/ holiday? Could possibly be reading a book can be option to fill your totally free time/ holiday. The first thing that you'll ask may be what kinds of guide that you should read. If you want to attempt look for book, may be the reserve untitled Mindfulness on the Go: Inner Peace in Your Pocket can be great book to read. May be it is usually best activity to you.

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