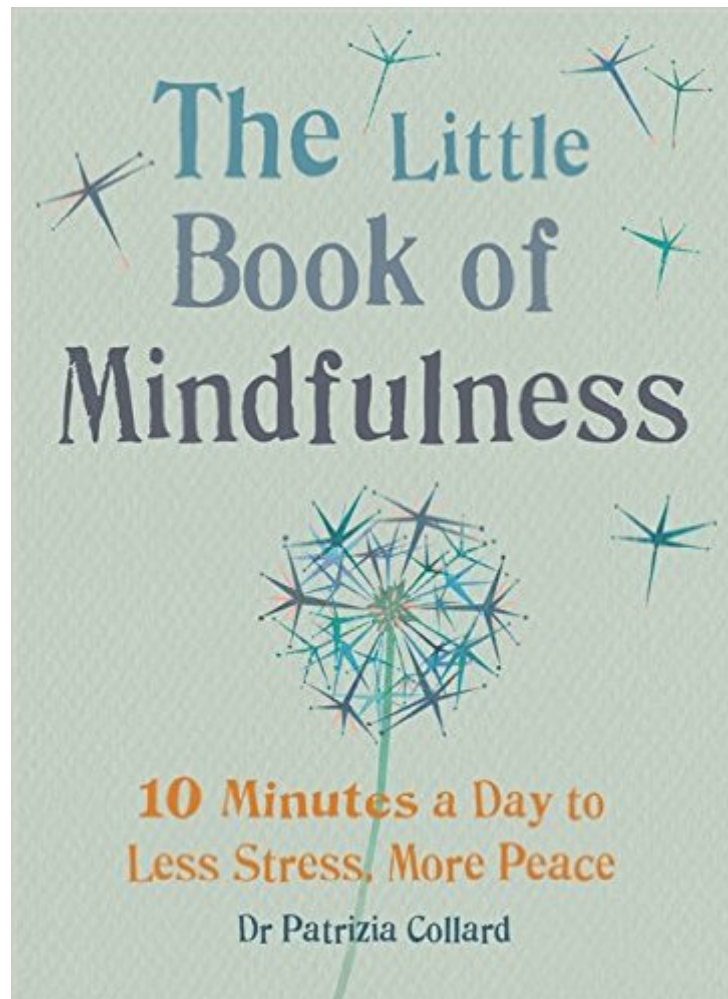


The book was found

# Little Book Of Mindfulness: 10 Minutes A Day To Less Stress, More Peace (MBS Little Book Of...)



## Synopsis

"The material in this book was previously published in Journey into mindfulness"--Title page verso.

## Book Information

Series: MBS Little Book of...

Flexibound: 96 pages

Publisher: Gaia (May 27, 2014)

Language: English

ISBN-10: 1856753530

ISBN-13: 978-1856753531

Product Dimensions: 4.4 x 0.4 x 6 inches

Shipping Weight: 4.2 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (82 customer reviews)

Best Sellers Rank: #1,690 in Books (See Top 100 in Books) #18 in [Books > Health, Fitness & Dieting > Alternative Medicine > Meditation](#) #31 in [Books > Health, Fitness & Dieting > Mental Health > Happiness](#) #57 in [Books > Religion & Spirituality > New Age & Spirituality](#)

## Customer Reviews

I LOVE this book.. It helps me relieve stress and find peace through the easy-to-follow meditation. I have been practicing mindfulness everyday. Bought a few copies for my family and friends.

I use this little book every day and really love it. Doesn't take much time. I am a therapist and work with children (foster care, etc.) and now I understand more about what mindfulness is and can teach it to my clients and their parents or caregivers.

Portable, pretty, and readable quickly, but packed with useful, evidence-based information on mindfulness and how to incorporate it into every day life.

Perfect summary of what mindfulness is and easy explanation of simple techniques...keep with you at all times! I bought 10 for Christmas gifts!

I really like this book. It gives you lots of ways to be mindful during your day. It gives you little exercises to do to help you become more mindful. I would read a little bit every day just to learn a little more. It has really helped me learn how to relax and become more stress-free. I

recommend this book to all my friends.

I keep this book by my night stand and I look through it often before I go to sleep. This is a great book to have handy, its not a read all at once kind of book but theres little things to read and things you can go back to and look at later on.

Sweet little book with a really nice introduction to Mindfulness. I was surprised by how pleasant and easy and varied the exercises were, and how familiar some of them already were to me. It makes a perfect pocket or bag book, and is especially best when shared with friends.

I am continually on the look out for small mindfulness type books and this one fit the bill perfectly. My grandson even looked through it and thought it might be something he'd like to read -- he's 8 years old! Gramma is trying to teach him the importance of quiet time each day and gratitude.

[Download to continue reading...](#)

Little Book of Mindfulness: 10 minutes a day to less stress, more peace (MBS Little Book of...) The Mindfulness Coloring Book: Anti-Stress Art Therapy for Busy People (The Mindfulness Coloring Series) Day Trading Strategies: A Beginners Guide To Day Trading (Day Trading, Trading, Day Trading Strategies,Day Trading Books,Day Trading For Beginners,Day Trading Stocks,Options Book 1) Rock Your To-Do List: Get to Your Biggest Goals Faster, With Less Stress, in Only 15 Minutes a Day Dad Life: A Manly Adult Colouring Book: A Unique Funny Adult Colouring Book For Men Fathers & Dads With Mindfulness Mandalas, Easy Stress Relieving ... Stress Relief & Art Colour Therapy) Dad Life: A Manly Adult Coloring Book: A Unique Funny Adult Coloring Book For Men Fathers & Dads With Mindfulness Mandalas, Easy Stress Relieving ... Relaxation Stress Relief & Art Color Therapy) The Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal with Stress Day Trading: A Beginner's Guide To Day Trading - Learn The Day Trading Basics To Building Riches (Day Trading, Day Trading For Beginner's, Day Trading Strategies Book 1) Stress Less Coloring - Mandalas: 100+ Coloring Pages for Peace and Relaxation Creative Animals Coloring Book: The Mindfulness Animal Coloring Book for Adults (Mindfulness Coloring Book, Art Therapy Coloring Book) (Volume 1) Easy Peasy Potty Training: The Busy Parents' Guide to Toilet Training with Less Stress and Less Mess In His Footsteps: I Gave My To Do List To God and Got More Done, More Sleep and Less Stress 15 Minutes to Fit: The Simple 30-Day Guide to Total Fitness, 15 Minutes At A Time A Snarky Mandala Coloring Book: More Mandalas?!? Ugh.: A Unique Funny Adult Coloring Book For Men & Women Featuring Mindfulness Mandalas & Easy To ...

Stress Relief & Art Color Therapy) (Volume 2) Creative Oceans Coloring Book: Adult Coloring Book of Stress Relief Sea Animal Patterns and Designs (Ocean Coloring Book, Lost Ocean, Stress Relief Coloring Book, Anti Stress Coloring Book) (Volume 1) Rx for Stress In a Jar®: Tips for Less Stress in Your Life The Mindfulness Coloring Engagement Calendar 2017: Color Your Way to Calm Week by Week (The Mindfulness Coloring Series) Guided Mindfulness Meditation: A Complete Guided Mindfulness Meditation Program from Jon Kabat-Zinn Mindfulness: 50 Easy Mindfulness Exercises for Beginners to Live in the Moment and the Art of Letting Go Mandala Adult Coloring Book Stress Relieving Patterns Relaxation: coloring book for Adult and grown ups, Anti-Stress Art Therapy, Stress Relieving Flower Patterns

[Dmca](#)