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It is possible to learn a new way of thinking and feeling that will help you maintain peace and happiness in today's hectic world. Find out how simple but effective mental exercises can help you reconnect with yourself to feel content and prepared to handle anything that comes your way.

Mindfulness is an explanation of six clinically proven meditation techniques that will allow you to better understand your own thoughts and feelings. In learning these exercises and practicing them on a regular basis, you will become the master of your own happiness. It only takes the desire to be happier and a commitment of a little time and effort.

You will learn:

- How to use your breathing to focus your thoughts when they stray against your will
- What gentle stretching exercises can do to give you a better awareness of your body
- What you can do to better understand your emotional reactions.

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