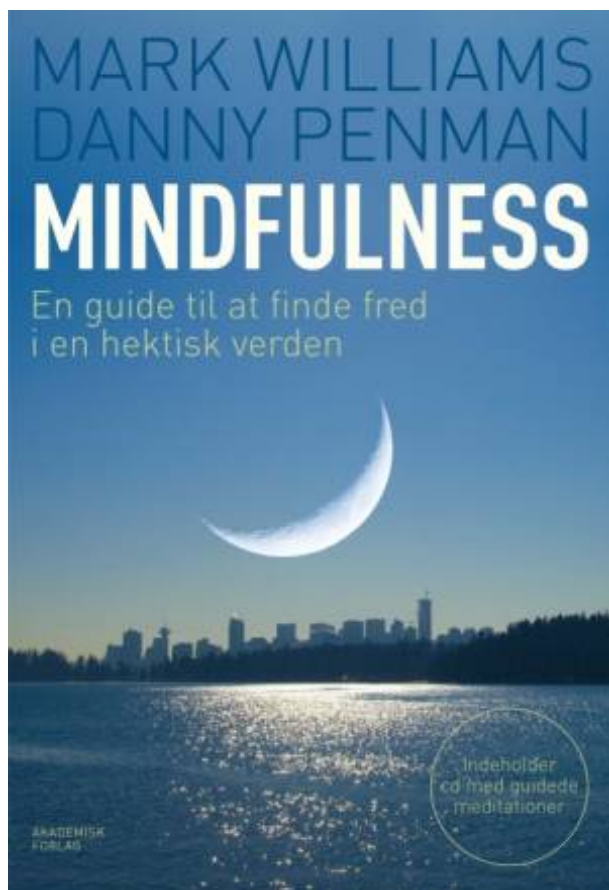


# Mindfulness



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Mindfulness fokuserer på, hvordan man opnår glæde og indre ro. Bogens fokus er præcis på, hvordan man kan hjælpe sig selv til at fremme livsglæde og selvtillid og dermed reducere angst, stress og uro. Meditationerne udgør kernen i mindfulness, og det er muligt at lære de enkle mindfulness-meditationer ved blot ved at sætte lidt tid af hver dag. Du vil blive overrasket over, hvor hurtigt du kan hjælpe dig selv til igen kan få kontrol over dit liv og finde fred i en hektisk verden. Bogen indeholder en cd med guidede meditationer.

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