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classic introduction to meditation.

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The aim of mindfulness is not quieting the mind, or attempting to achieve a state of eternal calm. The goal is simple: we're aiming to pay attention to the present moment, without judgment. Easier

said than done, we know.
Let your judgments roll
by.

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Simple provides the tools,
tips and tricks you need to
find this peace now, with
no extra fluff. No jargon,
no religion, no new age
vision quest, just simple
tools to be happier straight

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Oli Doyle - Mindfulness teacher and author of 'Mindfulness Plain & Simple', Oli has condensed the process of happiness down to one simple set of practices.

Mindfulness Plain

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"Mindfulness Plain & Simple" is written plainly

and simply, as you would expect from the title. The beginning chapters talk you through the basics of mindfulness, and introduce exercises that are easy to follow - but also, easy to remember (meaning you don't have I received a copy of this book for free through Goodreads First Reads.

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