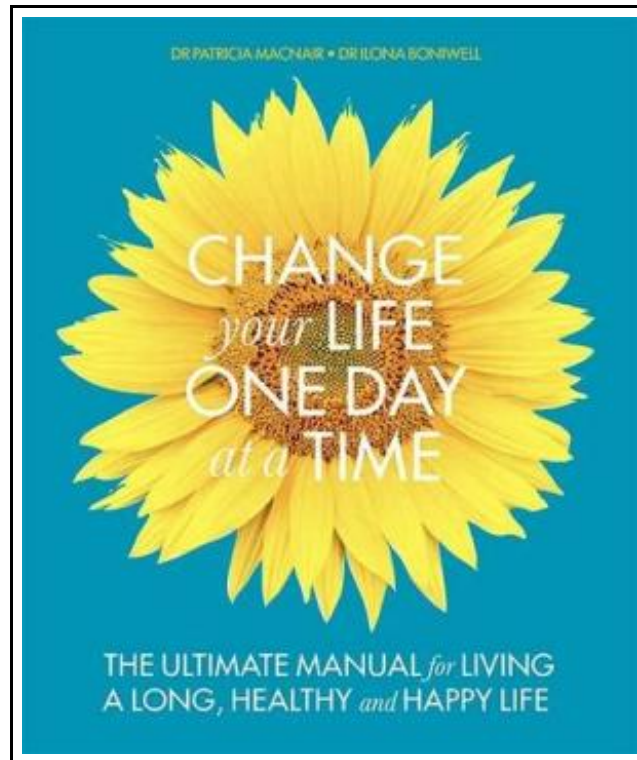


A Change Your Life One Day at a Time: The Ultimate Manual for Living a Long, Healthy and Happy Life



Filesize: 8.03 MB

Reviews

Very helpful for all class of people. Sure, it is actually play, nonetheless an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Carole McClure)

A CHANGE YOUR LIFE ONE DAY AT A TIME: THE ULTIMATE MANUAL FOR LIVING A LONG, HEALTHY AND HAPPY LIFE



Modern Books. Other book format. Book Condition: new. BRAND NEW, A Change Your Life One Day at a Time: The Ultimate Manual for Living a Long, Healthy and Happy Life, Ilona Boniwell, Patricia Macnair, A Year of Mindful Living includes 365 practical and accessible pieces of advice that can be easily incorporated into everyday life. The book works on the principle that the cumulative effect of such simple changes and moments of awareness will enable noticeable, holistic improvement. Distributed evenly across four seasonal chapters, the entries cover nutrition, mind, relationships, physical environment, fitness and natural beauty - so everything from eating blueberries to watching a sunset. This book is there to help you realise how many lifestyle choices - the food you eat, the gestures you make, your pastimes, the way you think - are within your power to change for the better. It is about taking control and being attuned to your mind and body, and in doing so take positive steps towards wellbeing. Beautifully presented with full-colour photography, A Year of Mindful Living is designed to inspire and enrich, through small changes that can make a big difference. This ultimate lifestyle guide promotes mindfulness, a focus of attention that is the cornerstone to psychological acceptance, control and contentment.



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