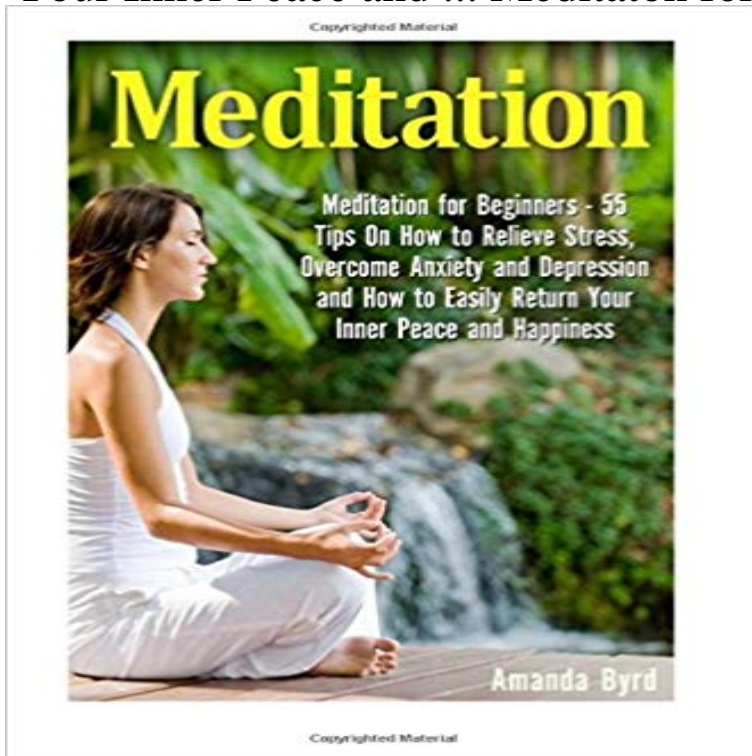


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Stress, anxiety and depression are three of the hallmarks of modern life, some would even say symptoms. We've all turned to the many different solutions and cures advertised, but so many of these seem fleeting, misleading or even unhelpful. Mindfulness has always been a virtue in our society, but it is now being seen as more, as a way of life and of seeing the world in a new light. Recent developments in neuroscience and psychology point to the value of practicing mindfulness meditation in allowing parts of the brain to grow which have been shrunk after years of sadness and tension. Clinical doctors and psychologists have even begun to prescribe it, not drugs or expensive therapies, but just the ability to sit and see your thoughts for what they are. Not what they were or will be and not with judgment, but just accepting what you feel in front of you. With this book you will be taught what mindfulness is along with a better understanding of stress, anxiety and depression and how you can use meditation and mindfulness to help treat them. Here is what you will learn after reading this book: What mindfulness is and how it can be used to change the way your mind works for long term solutions to anxiety, depression and stress. Be taken through several and easy-to-use guided meditations that will take you to the parts of your mind you ignore in daily life. Discover how stress, anxiety and depression can change your brain structure so you are forced to live with them unless you change. **Getting Your FREE Bonus** Read this book to the end and see **BONUS: Your FREE Gift** chapter after the introduction and conclusion.

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