



Mindfulness: Your step-by-step guide to a happier life

Tessa Watt

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Mindfulness is the popular practice that helps you to appreciate your life, and to live with more joy and less stress.

By bringing mindfulness into everyday actions – by listening to your body, becoming more aware of what's happening in the present moment and letting go of negativity – you can reduce stress and anxiety, focus better at work, find your own source of calm and discover genuine contentment.

Mindfulness introduces you to new techniques with straightforward advice, case studies and lots of practical exercises for newcomers to get their teeth into right away. It also gives a sense of the depth of mindfulness practice for those who wish to take it further.

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