



One-Minute Mindfulness: How to Live in the Moment

Simon Parke

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Thought-provoking anecdotes, short stories and reflections that will help you to find peace in the present moment through mindfulness.

Sometimes we can lose touch with ourselves so much that we don't even know we have done so, until suddenly we realise with a start that we have just been going through the motions, without really experiencing our lives.

The simple fact is that in today's world, we spend so much time looking forward, rushing on to the next thing, or looking backwards, stressing and worrying about our perceived mistakes, that we rarely still ourselves and our minds enough to be truly in the present moment.

In *One-Minute Mindfulness*, Simon Parke uses stories and simple thoughts to help us see through clear eyes how we can return to the present moment and remain there. This subtle change can be startlingly healing, bringing peace into every area of our lives, allowing us to live freely and fully, and to honour what is true for each of us. Both inspiring and practical, this book is for anyone who wants to come home to themselves.



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