

Download Finding The Gift Daily Meditations For Mindfulness

"In Finding the Gift: Daily Meditations for Mindfulness you'll find refreshing insight and an abundance of wisdom. Angela Howell shows us how we already have everything we need for our happiness and well-being and how to harness that. The secret to living mindfully. Just don't breathe a word of it... You breathe 22,000 times every day. How many are you really aware of? International bestselling and award-winning author Dr Danny Penman provides a concise guide to letting go and finding peace in a messy world, simply by taking the time to breathe. Get a £10 Amazon.co.uk Gift Card when approved for the Amazon Platinum Mastercard. Representative 21.9% APR (variable). Credit offered by NewDay Ltd, over 18s only, subject to status. Mindfulness: Finding Peace in a Frantic World was on my Amazon wish list for ages, but I was waiting for the glitches in the Kindle edition to be ironed out (which they now have).