



# Day of Mindfulness: Living in the Moment

*Milan Bakrania*

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## **Day of Mindfulness: Living in the Moment** Milan Bakrania **Everything you need to know to live fully in the present moment**

There are seven billion people on this planet, but not everyone lives in the present moment. Mindfulness is the practice of living now by noticing your body, mind and surroundings. But why be mindful in the first place? Scientific research suggests that those who regularly practice mindfulness are less likely to develop stress-related illnesses. It's also true that any task which focuses the mind can increase the area of the brain linked to regulating emotion, thus improving confidence, attention, job performance, productivity and satisfaction.

During a day of mindfulness, you will be equipped with the skills required to quieten the tempest of the mind and connect with the silence within. You will use 3,000 year old methods to purposefully slow down and pay attention, lightening the load that holds you from discovering your potential. In addition, this guide is packed with simple and practical techniques including how to meditate, scan the body, eat mindfully, breathe correctly and create a sanctuary of silence.

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