



# Peace of Mindfulness: Everyday Rituals to Conquer Anxiety and Claim Unlimited Inner Peace

*Barrie Davenport*

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**THE HEALING POWER OF MINDFULNESS: Easy-to-understand mindfulness practices to conquer anxiety** We are overwhelmed, stressed, depressed. Right now, you might have everything you need for a happy life. You might have a great family, a good job, wonderful friends. But there's one thing wrong — you simply don't feel calm and happy. The demands of everyday life, your hectic schedule, those constant feelings of overwhelm and anxiety make you feel out-of-control and exhausted. How can you jump off the hamster wheel to feel peaceful and free from anxiety symptoms? When you learn the peace of mindfulness techniques, you have the power to tap into a wellspring of tranquility and a lasting contentment you've never known before.

**MINDFULNESS IN DAILY LIFE** The practice of mindfulness in daily life holds the promise not only for peace of mind, but also to revitalize your self-worth and transform the way you view the world. It awakens you to the beauty of every moment. You live in unity with life, rather than struggling against it. Mindfulness doesn't mean you must sit for hours in meditation or attend long retreats. You can experience calmness and present moment awareness in all your daily activities, and perform every task, thought, and action through the lens of mindfulness. In Peace of Mindfulness, you'll learn simple daily routines to bring you back again and again to the pleasure of full presence and awareness.

**THE BENEFITS OF MINDFULNESS: HOW MINDFULNESS CAN CHANGE YOUR LIFE** Whether you're coping with stress and anxiety, or you simply want to increase self-awareness and contentment, the skills taught in Peace of Mindfulness meet you exactly where you are — in your home, your work, your simple daily tasks. Once you live your days with mindfulness, you'll enjoy physical, emotional, and mental benefits that further enhance your experience of life. Science has proven mindfulness reduces stress, improves memory, offers pain relief, helps your sleep, improves relationships, and promotes mental health.

**ORDER: PEACE OF MINDFULNESS: EVERYDAY RITUALS TO CONQUER ANXIETY AND CLAIM UNLIMITED INNER PEACE** Peace of Mindfulness is a handbook for winning back control of your thoughts and emotions so you can release anxiety and enjoy a happier, healthier, more conscious life. Every chapter offers specific actions you can implement and practice right away to facilitate change. You'll learn: \*\* The Powerful Benefits of Mindful Breathing \*\* How to Tame the "Monkey Mind" \*\* Simple Mindfulness Meditation Practices \*\* How Practicing "Flow" at Work Makes You Love Your Job \*\* How to Use Visualization and Affirmations to Boost Brain Power \*\*The Best Mindful Fitness Routines \*\* How to Practice Journaling to Enhance Mindfulness \*\*How to Make Mindfulness a Way of Life\*\*

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