



Mindfulness: How to Happily Live in the Present Moment, Let Go of the Past, & Stop Worrying About the Future (Mindfulness, Mindfulness For Beginners, Mindfulness Meditation) (Volume 1)

William Nemara

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The Dalai Lama once said: 'Man surprised me most about humanity. Because he sacrifices his health in order to make money. Then he sacrifices money to recuperate his health. And then he is so anxious about the future that he does not enjoy the present; the result being that he does not live in the present or the future; he lives as if he is never going to die, and then dies having never really lived.' Practicing Buddhism can be one of the best decisions you ever make. It can help you achieve mindfulness and happiness in your life. This isn't just a pie in the sky, nor a 'proven step-by-step scam/ method' on how to implement Buddhism. It is facts and information. We all need a little help to find some peace. Buddhism can easily be part of your lifestyle and implemented with the right tools, and ideas.

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