

1. Record Nr.	UNINA9910163890003321
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Titolo	How to be mindful // Anna Barnes
Pubbl/distr/stampa	Chichester, England : , : Vie Books, , 2016 ©2016
ISBN	1-78372-902-3
Descrizione fisica	1 online resource (160 pages) : color illustrations
Disciplina	158.1076
Soggetti	Mindfulness (Psychology)
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Sommario/riassunto	Would you like to feel less stressed, live more calmly and be more content? The simple ideas that mindfulness teaches can help you achieve all these things, and more! Bursting with tips, centring statements and activities, 'How to Be Mindful' will provide you with everything you need to make every day full of gratitude and peace.