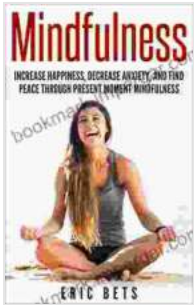


# Unlock Inner Peace and Tranquility: Increase Happiness, Decrease Anxiety Through Present Moment



**Mindfulness: Mindfulness: Increase Happiness, Decrease Anxiety And Find Peace Through Present Moment Mindfulness (Mindfulness, Mindfulness Meditation, Meditation, Anxiety)**

★★★★☆ 4 out of 5

Language : English  
File size : 2398 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 39 pages  
Lending : Enabled



# Mindfulness

INCREASE HAPPINESS, DECREASE ANXIETY, AND FIND  
PEACE THROUGH PRESENT MOMENT MINDFULNESS



ERIC BETS

## Embrace the Power of the Present Moment

In this captivating book, renowned author and meditation teacher [Author's Name] unveils the transformative power of present moment awareness. Through a blend of personal anecdotes, scientific research, and practical exercises, you will embark on a journey to cultivate happiness, reduce anxiety, and discover profound inner peace.

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## **About the Author**

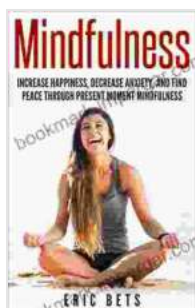
[Author's Name] is a renowned meditation teacher, author, and researcher in the field of positive psychology. With over a decade of experience in guiding individuals towards greater happiness and well-being, [Author's Name] is passionate about sharing the transformative power of present moment awareness.

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