



The Habit of Mindfulness: 25 Daily Exercises

Sean O'Connor

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With this no nonsense guide you will be introduced to the practice of mindfulness through 25 simple exercises. Discover how a simple state of clear, nonjudgemental, and undistracted attention to the contents of consciousness can improve your life. Cultivating this habit has been shown to reduce pain, anxiety, and depression. The practical teachings of the Buddha, which are curated for you into 25 digestible lessons, are an empirical guide to freeing the mind from suffering. They are based in experience, and validated by modern science.

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