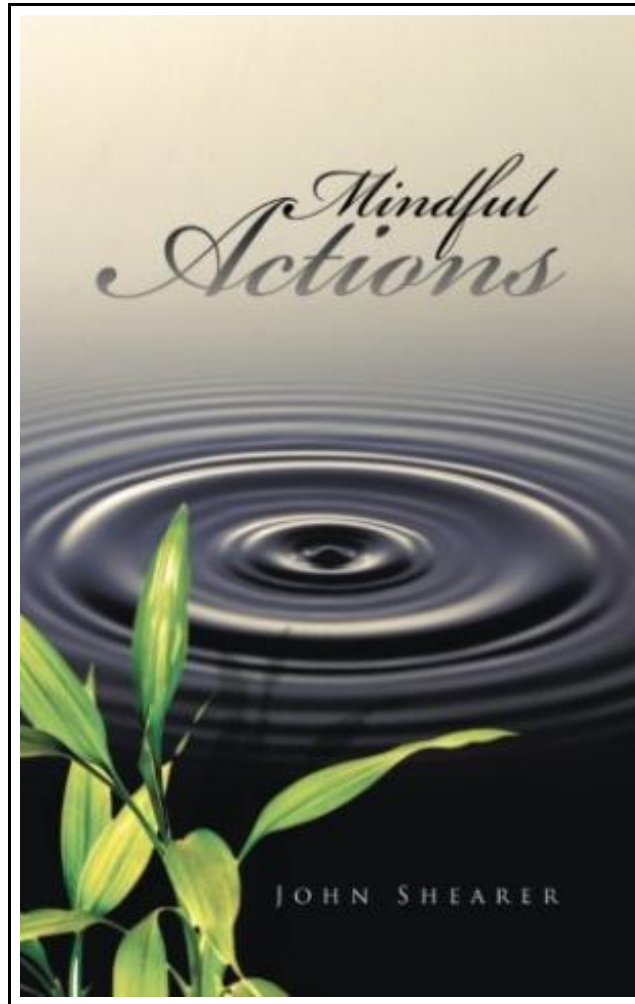


## Mindful Actions



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Balboa Press Australia, United States, 2014. Paperback. Book Condition: New. 203 x 124 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.John Shearer. died in a horrific truck accident in June 1982, and even after doctors brought him back, his life seemed to be over: He slipped into a deep depression that lasted years. He was ashamed of his mental disorder, and he refused to get help. But then he discovered a book written by Dr Russ Harris, who taught the value of mindfulness, which he described as a transformative mental state of awareness. Shearer came back from the brink and began to move from the darkness into the light. In this guidebook exploring the many facets of being mindful, you ll learn how to: develop self-acceptance and self-compassion; rise above fear, doubt, and insecurity; reduce stress and worry; battle painful thoughts and feelings. By being mindful, you ll be more fulfilled on and off the job and be equipped to pursue deeper, more satisfying relationships. Get your roadmap to practicing mindful awareness, and start walking down a path of self-discovery that will lead you to a life filled with peace, love, and happiness.



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