



Stop Smile Breathe Be: A Guide for Awakening to Your True-Oneself the 1 Minute Mindfulness Meditation to Break Free of Stress, Fear, or Sadness to Experience Inner-Peace and Lasting Happiness (Paperback)

By Brian Marc Zimberg

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.How would it feel if you could break free of negative mental thoughts, stress, fear, sadness, and guilt? What would it be like to live life connected to Oneness, and experience inner-peace and lasting happiness? Can you imagine having the ability, no matter what is happening in your life, to INSTANTLY shift out of your mind and connect to the most profound inner-peace and stillness of meditation like the greatest sages and Zen masters of all time? Meditation is the answer, but the ancient practices just don't match up with today's busy lifestyles. In the modern world, more information passes through our mindstream in one day than our ancestors experienced in a whole lifetime! Add to that the stress and emotions of your daily life, and you can feel choked up, like giving in. totally overloaded! This creates many obstacles to mindfulness and meditation like: - It takes too long - I don't have enough time - I can't stop my mental chatter - It's hard to sit still in a lotus position Stop Smile Breathe Be and...



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