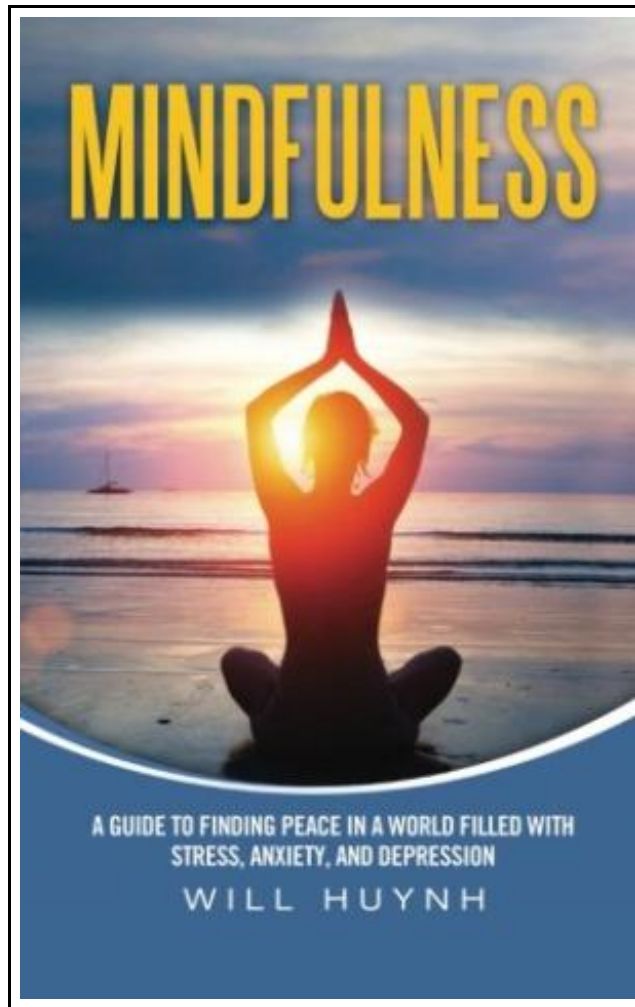


## Mindfulness: A Guide to Finding Peace in a World Filled with Stress, Anxiety, and Depression



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***(Rebecca Bechtelar)***

## MINDFULNESS: A GUIDE TO FINDING PEACE IN A WORLD FILLED WITH STRESS, ANXIETY, AND DEPRESSION



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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Mindfulness: A guide to Finding Peace In A World Filled With Stress, Anxiety, And Depression This book has actionable strategies on how to practice mindfulness in everyday life in order to find peace even in a world filled with stress, anxiety and depression. Life is tough; nothing comes easy. And when you blend that with the uncertainty that defines the future, you have a perfect recipe for stress, anxiety and depression. Think about it; you have to take care of family, finances, career, friends, personal goals, your health, and a lot more and even when you work on making everything work in your favor, the truth is that sometimes everything does not work as you would expect. When that happens, you can bet that stress, anxiety and depression are likely to be knocking at the door. Annually, Americans spend more than \$42 billion treating anxiety, depression, and stress-related conditions. I bet you did not know this fact and probably thought that anxiety and depression are rare disorders that can be managed with ease. In fact, research shows that 7 out of 10 people experience some form of anxiety, stress, or depression in their lives. This means that at some point, you too may suffer from these conditions, are currently battling these conditions, or are already feeling their effect on your life. So what causes anxiety, stress, and depression? Well, if you think of it critically, you will find that stress, anxiety and depression are a product of obsessing about the future or regretting the past. Think about it; you are stressed and anxious about your relationship because you think it may not work out; you are...

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