



**Mindfulness for Beginners: Mindfulness for  
Beginners & Meditation for Beginners BOX SET -  
Reduce Stress and Anxiety and Embrace Lifelong  
Peace and Happiness ... & Meditation for  
Beginners Book 1)**

*Yesenia Chavan*

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# **Mindfulness for Beginners: Mindfulness for Beginners & Meditation for Beginners BOX SET - Reduce Stress and Anxiety and Embrace Lifelong Peace and Happiness ... & Meditation for Beginners Book 1)**

*Yesenia Chavan*

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With *Meditation for Beginners - How to Relieve Stress, Anxiety and Depression and Return to a State of Inner Peace and Happiness* you're going to learn exactly how to meditate, how to use meditation techniques to calm your mind, and how to practice meditation daily.

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