



The Mindfulness Response: Inner Happiness Every Day

Deborah C. Moore Ph.D

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Want to be happy despite what life throws your way? Learn the secrets of developing inner happiness every day by changing the way you see the glass-half full, half empty, or simply as a glass. The Mindfulness Response: Inner Happiness Every Day will give you the tools that you will need to live a life that is both enriching and meaningful. The mindfulness response technique that you will easily learn and adapt into your daily life will assist you in dealing with everyday problems that we all face as well as major issues that will eventually come your way. Believe or not, you already have everything you need right now to bring the mindfulness response into play in your own life-it is easier than you think to restore balance and happiness in life. Dr. Moore provides exercises, step-by-step techniques, and activities for you to begin your own mindful practice. You will quickly see results. We cannot change everything we might wish to change in our lives. But, through a mindfulness response we can learn to accept our experiences, perceive events differently, and respond more effectively to the everyday hassles of life. If you think that this is worth ten minutes a day, please read this book!

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