



Mindfulness: Anxiety - 2 books in 1

Peter Holmquist

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2 books in 1:

- Mindfulness: How to Live in the Present Moment by Becoming A Warrior of Peace
- Anxiety: How to Overcome Anxiety by Becoming A Warrior of Peace

Book 1: Mindfulness: How to Live in the Present Moment by Becoming A Warrior of Peace

Live in the Present Moment and Become A Warrior of Peace Today

This book contains everything you need to know to get started with mindfulness. If you sometimes are stressed out, anxious or depressed, then this book can be of great use for you. Now I will warn you, don't read this book unless you're in the process of waking up. We will dive pretty deep into some subjects that might be uncomfortable if you're not ready to look at things from a different perspective. The purpose of this book is not to overwhelm you with techniques, even though you'll get more than enough of them. No, the purpose of this book is to give you at least one idea that can have a positive impact on the rest of your life. Chances are that you'll look at the world with more peace and compassion when you're done with this book. It's my firm belief that the warrior of peace within you will be awakened by the words hidden in this book.

Within this book's pages, you'll find the answers to these questions and more. Just some of the questions and topics covered include

- The Need for Change
- How the Ego Operates
- Freeing Ourselves from Identification
- Adopting Mindfulness as a Way of Life
- The Mindfulness Technique
- Letting Go
- Being Alive and Not Only Living
- Dealing with Unpleasant Emotions
- Dealing with Unpleasant Thoughts
- Silence and Restlessness

- The Beautiful World Ahead

Book 2: Anxiety: How to Overcome Anxiety By Becoming A Warrior Of Peace

Learn How to Overcome Anxiety by Becoming a Warrior of Peace

In this book, you'll discover how to overcome anxiety by becoming a warrior of peace. Anxiety is very unpleasant, whether your anxiety makes you feel like passing out or you experience chest pain or discomfort, this book can be helpful to you. The first thing you should know is that you are not alone. Before I learned to deal with and overcome anxiety, I remember thinking that this is not normal, and even though it's not, you should know that you're NOT alone.

Now I will warn you! This book is not going to be like most anxiety books out there. I will not tell you what to eat or what medications to take. Neither will I suggest that you begin using natural remedies like an essential oil. Even though these ideas are good, we're going to dig deeper than that and try to change what I believe is the thing that will bring you lasting change.

The purpose of this book is to give you the tools to reinvent your life and yourself. No... You are not going to become a god, but I can tell you this: if you take the principles in this book serious you will see a change in your anxiety levels and outlook towards life in general. You will have become a warrior of peace.

In this book, you'll learn..

- How to Make the Decision to Overcome Anxiety
- To Question Who You Think You Are
- Mindfulness Meditation Everywhere
- About the invincible Bubble Around You
- How to Break Free From The Bubble
- How to Become a Warrior of Peace
- How to Overcome Anxiety
- And more!

Get your copy today and Become a Warrior of Peace

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Henry Perry:

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Harry Keller:

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