

Declutter Your Mind How To Stop Worrying Relieve Anxiety And Eliminate Negative Thinking Mindfulness Books Series Book 1

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To keep your practice fresh and unique everyday, Declutter The Mind offers a Daily Meditation. With the Daily Meditation, you'll receive a new and original guided meditation for just today. The next day, you'll find something else. The idea is to introduce you to different types of practices and concepts, while keeping things fresh.

How to declutter your mind - Balance Through Simplicity

Take a few deep breaths, and then for a few minutes, just focus on your breathing. Concentrate on your breathing as it comes into your body, and then as it goes out. It has a calming effect, especially if you continue to return your focus to your breath when your mind strays. It also allows other thoughts to just float away.

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