



# Mindful Reminders Card Deck: 52 Powerful Practices for Teens & Adults

*Christopher Willard, Mitch Abblett*

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Live your life more fully, reduce stress and remove distractions with the Mindful Reminders Card Deck. These 50 simple, yet powerful practices will help you build skills of awareness, compassion and presence for what matters in your daily life. Whether you are new to mindfulness practice, or whether you've been meditating for years, this deck offers fun, accessible reminders for bringing more mindfulness into your life.

**\* Manage Stress and Anxiety \* Improve Focus \* Sleep Better \***

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Spent a free time to be fun activity to do! A lot of people spent their free time with their family, or all their friends. Usually they doing activity like watching television, gonna beach, or picnic in the park. They actually doing same every week. Do you feel it? Do you wish to something different to fill your own free time/ holiday? Could possibly be reading a book can be option to fill your no cost time/ holiday. The first thing you ask may be what kinds of publication that you should read. If you want to attempt look for book, may be the e-book untitled Mindful Reminders Card Deck: 52 Powerful Practices for Teens & Adults can be good book to read. May be it might be best activity to you.

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