

The Mindful Woman Gentle Practices For Restoring Calm Finding Balance And Opening Your Heart Sue Patton Thoele

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The book offers over sixty-five simple and effective practices to help you embrace mindfulness one moment at a time. Filled with both the author's and other women's personal stories about the joys and hurdles that come with embracing mindful living, The Mindful Woman is a friend whose hand you can hold on the path toward being present in the moment. Finding your way will lead naturally to a more open heart, inner peace, and greater zest for life—a path well worth pursuing.

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The Mindful Woman: Gentle Practices for... book by Sue ...

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