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Joy in Every Moment: Mindful Exercises for Waking to the ...

You can uncover joy in every moment, even when you are doing the most mundane things, like making your morning coffee or washing your hands. With the simple, creative exercises in this book brought vibrantly to life by Olaf Hajek it's easy to make joy a part of your everyday routine, whether you are at home or work, spending time with others, or alone.

Joy in Every Moment: Mindful Exercises for Waking to the ...

“Joy in Every Moment” is a book inspired by the author’s own quest for joy in her life. She realized she needed a “search image for happiness” – in other words, needed to know what happiness looked like for her, and where she was most likely to find it. The end result is this lovely little book suitable for anyone wanting to make an effort to recognize – and create – joy in life.

Joy in Every Moment: Mindful Exercises for Waking to the ...

Joy in Every Moment: Mindful Exercises for Waking to the Wonders of Ordinary Life by Tzivia Gover (2015 11 03) | Tzivia Gover | ISBN: | Kostenloser Versand für alle Bücher mit Versand und Verkauf duch .

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I've heard all my life not to judge a book by its cover, but when I picked up Joy in Every Moment: Mindful Exercises for Waking to the Wonders of Ordinary Life, my judgment was an accurate one.

8 Breaths to Joy: A Guided Practice Mindful

In every moment of life, there are infinite reasons to suffer and infinite reasons to be happy. What matters is where we're putting our attention. What matters is where we're putting our attention.

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