



Mindfulness: Weeks 3-4 of Your 8-Week Program

Michael Chaskalson

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Available as a four fortnightly mini-programs or a full length e-book, this revolutionary 8-week Mindfulness program gives you the mental flexibility to manage your emotions, implementing cognitive therapy strategies to lower stress levels, anxiety and mental pressures, and achieve perfect balance.

Weeks 3-4 look at coming home to yourself: learning to focus on the thinking, planning, analysing, remembering, comparing and brooding that undermines your daily well-being.

Mindful stretching involves movements and meditation as a form of positive practice. Learn how to manage reactions, and uncover the skills to counterbalance negative habits.

Made up of a hybrid of the two most popular approaches to Mindfulness currently sweeping the world, Mindfulness: Weeks 1-2 helps establish crucial life skills, such as learning to control behavior and regulate the body's natural processes with meditation, while also enhancing emotional intelligence, proven to be associated with efficiency, good social skills and an increase in self awareness.

Start the journey today. Strengthen relationships with friends and family, reach your full personal and academic potential and detox, de-stress and de-clutter your mind with Weeks 1-2 of Mindfulness in Eight Weeks.

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