



How Mindfulness Can Change Your Life in 10 Minutes a Day: A Guided Meditation

By Andy Puddicombe

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From one of the world's top mindfulness experts comes the ultimate tool for clearing out mental clutter and improving every aspect of your physical and mental health.

With this ten-minute guided meditation, learn a simple yet powerful technique that's been tested by time and now adapted to fit into even the most hectic modern lifestyle. And reap incredible benefits! Doing this exercise on a daily basis can help you relieve stress, have stronger relationships, reduce anxiety, sleep more, find a healthy weight, control your emotions, be more productive... the list goes on and on.

If you enjoy this meditation, don't miss Andy Puddicombe's book *GET SOME HEADSPACE* (coming June 2012), which provides many more techniques and exercises, as well as the fascinating science behind mindfulness.

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