



# Mindfulness Quotes: Thoughts For Meditation, Inner Peace and Change

*Kenneth Mendel*

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Without being to be a mindfulness practical guide, Mindfulness Quotes is a great introduction, or reminder, to mindfulness principles.

Wether you're looking for a mindfulness for beginners solution, or if you already practice mindfulness guided meditation, you will find to keep these Thoughts for Meditation, Inner Peace and Change the ideal little help in your everyday life or mindfulness exercises.

Inside, ancient principles from Buddhism icons Buddha or the Dalai Lama, as well as occidental leader in mindfulness Jon Kabat-Zinn and others are awaiting to drive your conscious moves. Mindfulness Quotes is organized in 7 chapters:

- Acceptance, Gratitude, Happiness
- Love, Compassion, Empathy
- From Anger and Fear To Change
- Learning, Truth, Freedom
- Present Moment
- Meditation and Mind
- Peace and Wisdom

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