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In The Mindful Woman, best-selling author and psychotherapist Sue Patton Thoele shows the woman who does too much how practicing mindfulness, cultivating calm, and restoring balance can increase feelings of well-being, hopefulness, and happiness. A happier, calmer woman can be more successful and productive as well as more loving and relaxed.

The Mindful Woman: Gentle Practices for Restoring Calm ...

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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Going through life on automatic is no way to live. "The Mindful Woman: Gentle Practices for Restoring Calm, Finding Balance, & Opening Your Heart" promotes a more mindful approach to life for women, in which every act they do begins to have more meaning.

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

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