

## Mindfulness Matters - Tandon



Get the insider's scoop on how to attain a fully flourishing life.

Rating: Not Rated Yet

### Price

Salesprice with discount

Sales price \$19.99

Sales price without tax \$19.99

Tax amount

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### Description

Encompassing deep dives into mind, body, and spirit, you will be introduced to the science of positive psychology, engage with the practice of mindfulness, learn how to build an optimally efficient body, and commit to an elevation of your spirit. This is flourishing in action! Whether struggling with anxiety or depression, searching to fill a missing void, or just interested in everyday self-care, you will learn to identify opportunities for growth and seamlessly integrate life-changing practices into daily habits. Replete with powerful affirmations and practice exercises throughout, you will be able to build the framework that fuels and furthers your evolutionary journey for years to come and changes the trajectory of your life forever.

### Reviews

There are yet no reviews for this product.

