



# **Mindfulness: Learn How to Live in the Present Moment, Full of Peace & Stress Free (Mindfulness for Beginners, Mindfulness Meditation, Meditation for Beginners)**

*Dane Taylor*

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**Mindfulness: Learn How to Live in the Present Moment, Full of Peace & Stress Free (Mindfulness for Beginners, Mindfulness Meditation, Meditation for Beginners) Dane Taylor**

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