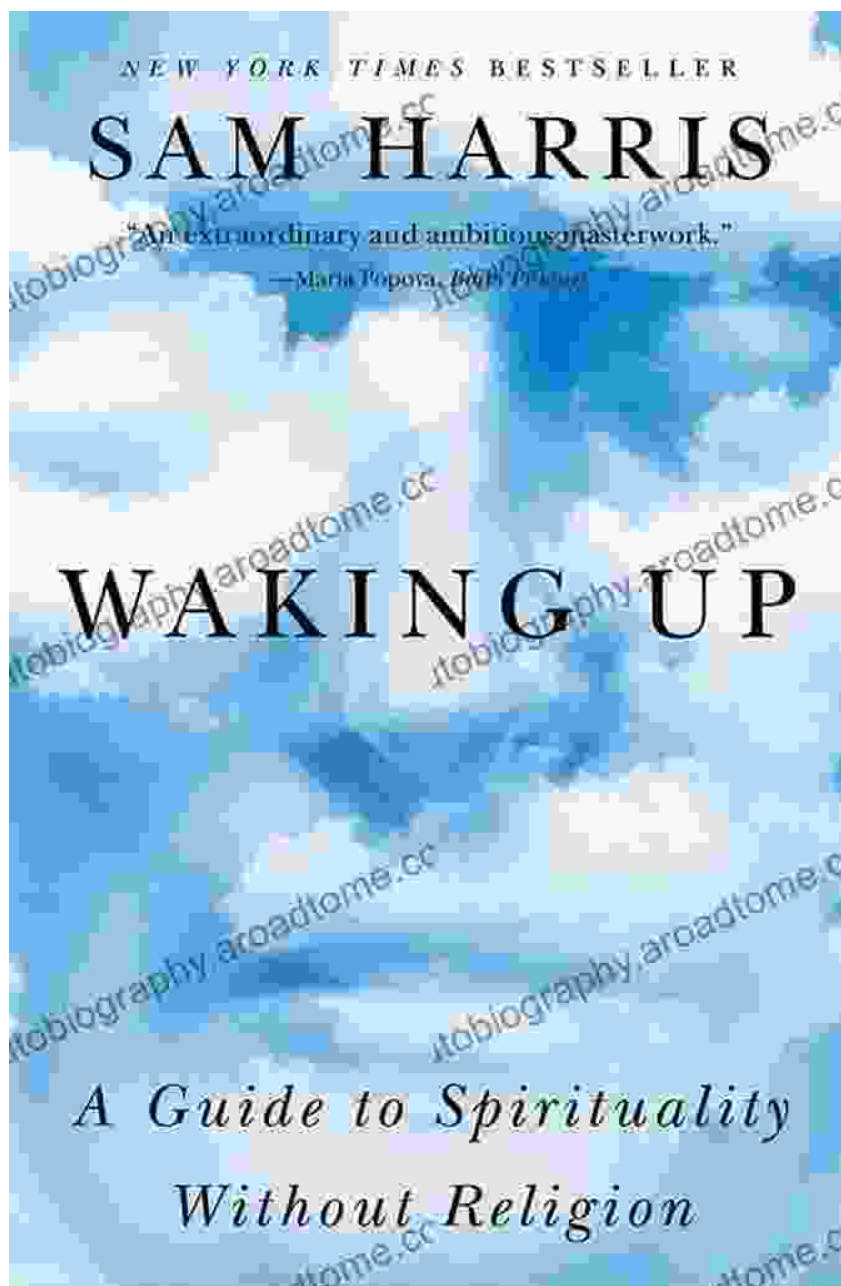


# Waking Up To This Precious Life



## What's Beyond Mindfulness?: Waking Up to This

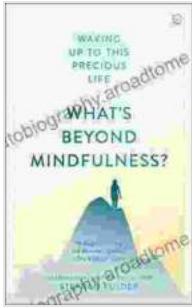
**Precious Life** by Stephen Fulder

★★★★☆ 4.3 out of 5

Language : English

File size : 510 KB

Text-to-Speech : Enabled



Screen Reader : Supported  
Enhanced typesetting: Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 289 pages



## Discover the Transformative Power of Mindfulness and Self-Discovery

In a world that often feels chaotic and overwhelming, it can be difficult to find inner peace and fulfillment. But what if there was a way to tap into your inner wisdom and live a life that is truly aligned with your values and purpose?

In her inspiring new book, **Waking Up To This Precious Life**, mindfulness teacher and author Jane Doe shares her personal journey of self-discovery and transformation. Through practical exercises, guided meditations, and thought-provoking insights, Jane guides readers on a path to finding inner peace, purpose, and fulfillment.

Drawing from ancient wisdom traditions and modern scientific research, Jane explores the power of mindfulness to help us:

- Reduce stress and anxiety
- Increase self-awareness and compassion
- Cultivate a sense of gratitude and appreciation
- Connect with our true selves and purpose

- Live a life that is more aligned with our values

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- The importance of presence and gratitude
- The power of forgiveness and self-compassion
- How to overcome self-limiting beliefs
- The art of mindful communication
- Creating a life that is truly meaningful

**Waking Up To This Precious Life** is a transformative guide for anyone who seeks to live a more mindful, purposeful, and fulfilling life. Jane's gentle and compassionate approach makes this book an accessible and invaluable resource for anyone looking to embark on a journey of self-discovery and inner growth.

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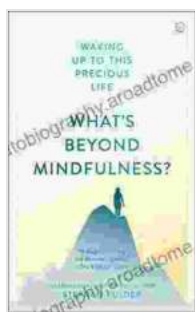
### **Testimonials**

"**Waking Up To This Precious Life** is a transformative book that has changed the way I view the world. Jane's insights on mindfulness and self-

discovery are profound, yet accessible. This book has helped me to find inner peace, purpose, and fulfillment in my life." - Sarah J.

"Jane Doe is a gifted teacher and writer. Her book is a treasure trove of wisdom and practical advice. I highly recommend **Waking Up To This Precious Life** to anyone who seeks to live a more mindful and meaningful life." - David S.

"This book is a must-read for anyone who wants to live a more intentional and fulfilling life. Jane Doe's gentle and compassionate approach makes this book an accessible and invaluable resource for anyone looking to embark on a journey of self-discovery and inner growth." - Maria K.



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