



**Mindfulness: Taming the Monkey Mind: A Beginner's Guide to Use Mindfulness, Meditation, and Breathing to Calm Your Brain (mindfulness for beginners, mindfulness ... For Beginners, Depression, Anxiety)**

*Mitchell Wagner*

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## **Proven, easy to understand Mindfulness Guide to bring calmness and clarity to your life.**

Do you sometimes feel as if your brain is out of control? Do you wake up every day with your mind already racing, thinking of all the things you need to accomplish? Throughout the day, are you pulled in a hundred different directions at once? Lying in bed at night, do you replay the day's events, fretting over the things you should or should not have said or done? If this sounds familiar, you are not alone.

This common affliction is sometimes referred to as monkey mind. It is not that your brain is like a monkey's brain, but rather, that it is like a monkey, running to and fro, swinging from tree to tree, and never staying in one place for long. With this mindset, your brain never has a chance to rest, and your enemies want to keep it that way.

Stress, anxiety, and regret are the enemies of peace, tranquility, and focus. They are diametrically opposed to the one thing that can help tame your monkey brain: mindfulness.

**This book will help you understand mindfulness and why it works. This book provides an easy to understand 21 day action plan to create the mindfulness habit that will lessen the impact of negative emotions and get you back to a healthy mind.**


## **What You Will Learn in This Book**

- A brief overview of the human brain and explains how stress hijacks your brain
- How mindfulness works to calm your brain
- A step by step mindfulness plan to follow for three weeks & beyond
- Practical tips to incorporate mindfulness everyday

# Discover how you can finally put a stop to the dreaded "Monkey Mind"

**Take action today and download this book!**

tags: mindfulness for beginners, mindfulness meditation, mindfulness exercises, mindful eating, mindfulness solution, meditation, mindfulness solution, mindfulness books, mindfulness for life, mindfulness techniques, stress and worry, mindfulness therapy, meditation techniques, Buddhism, mindfulness books, let go of stress and worry, letting go of stress and worry.

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