



# The Mindfulness Journal: Exercises to Help You Find Peace and Calm Wherever You Are

By Corinne Sweet

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In today's busy world, finding physical and mental space for peace and calm amidst the competing demands of work, family and friends can be a challenge. Mindfulness is a simple and powerful practice that can help you cut through the noise and reclaim tranquillity, wherever you are. *The Mindfulness Journal* offers an introduction to mindfulness and easy exercises that can be done whether you are sitting at your desk, squeezed on to a crowded train, or standing in line at the supermarket. Beautifully illustrated, with notes pages to record your thoughts, this journal is your indispensable companion to a more peaceful, stress-free day.

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### **Editorial Review**

#### About the Author

**Corinne Sweet** is a psychologist, psychotherapist and author of non-fiction titles including *Change Your Life with CBT* and *Overcoming Addiction*. A journalist and broadcaster, she is a well-respected figure in self-help and mindfulness is one of her specialist areas. .

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