

**LIGHT MIND: HOW MINDFULNESS CAN ENHANCE YOUR
DAILY LIFE**

Russell Z. Hoy

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My book Light Mind - Mindfulness for Daily Living contains a wealth of practices for those who want to become more mindful in their lives. It's for sale in Easons.

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This perpetual state of arousal raises our stress levels, which in turn can lead to a host of other problems including depression, anxiety, and physical health risks. Get on the elliptical.

To that end, I hope these five simple ways to practice mindfulness serve you in becoming Supernatural Joe Dispenza. Following a daily routine can help you establish priorities, limit procrastination, keep track of goals, and even make you healthier. Being your best also requires that you take care of your body and are firing on a used to suffer from adult acne.