



**Mindfulness: The Ultimate Path To Success
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John Richlove

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This book has actionable steps and strategies on how to be mindful and achieve success.

Have you ever looked at the time and were surprised that the day was already over while your work was just half way done? Have you ever picked a snack from your office counter and by the time you got to your desk, you were amazed to find out that you only had the empty wrapper? Well, we all have been there at one time or the other.

Our mind just has a way of operating on autopilot where we do things without our conscious knowledge. And while someone might argue that this is good, it really isn't because this often has a way of making us to miss the beautiful moments and opportunities in our everyday life simply because our mind is worrying about the future, whining about the present or regretting the past. Obviously, when you have this kind of attitude/mindset, your life seems chaotic not because it actually is but because you see chaos even when there are none simply because you are thinking of the past, the bad present and the gloomy future.

Well, this doesn't mean that we stay that way forever. How are you right now? Do you feel energized and ready to pursue and achieve your dreams and be successful in your career, or do you feel that certain situations are standing in your way or weighing you down?

If you are reading this, it's probably because you're feeling overwhelmed, or unsatisfied with what you have, including progress in your career, business or your life. It is ok to feel this way. In fact, it is normal. However, you can change your situation by simply using the power of the mind.

Your mind is a vital part of your identity; if you make an effort to be mindful, i.e. learn how to control your mind, the payoff will be a more successful, effective, calm and joyful life. Contrary to this, if you are not mindful, you will not realize your human potential since mindfulness is what it takes to become fully aware of whom you really are and use this information to drive your life towards success.

This book will look at how to be mindful, realize the limitations you have set, how to overcome these limitations, and have a successful life.

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Stacey Thompson:

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