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MEDITAÇÕES PARA DIMINUIR A ANSIEDADE E ACALMAR A MENTE

***Você respira 22 mil vezes por dia.
Quantas vezes faz isso de forma realmente consciente?***

Cada uma dessas 22 mil respirações é uma oportunidade de dissolver o estresse, a infelicidade e a ansiedade. *A arte de respirar* traz exercícios simples e práticos para você incluir a atenção plena em sua vida.

Dr. Danny Penman mostra como essa tomada de consciência pode transformar a maneira como você se relaciona consigo mesmo e com o mundo à sua volta.

A atenção plena nos ensina a ver as coisas em perspectiva e, quando fazemos isso, os pensamentos mais frenéticos e angustiantes desaparecem, deixando a mente mais calma, clara e perspicaz.

O resultado? Você vai começar a sorrir mais, se preocupar menos e parar de se incomodar tanto com as pequenas dificuldades do dia a dia.

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