



Mindfulness Meditation and "The Missing Ingredient"

Yvonne Kay MA

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Mindfulness Meditation is excellent for creating happiness, wellness, and balance. However, there comes a point in the practice, when past adverse life experiences can create negative mental messages. These often become “stuck” points in the practice.

The Missing Ingredient is a tool for creating a restorative cognition, a personalized positive internal message, to replace a negative internal or societal message.

This eBook manual teaches you a 15 minute Mindfulness Meditation and guides you in creating Your Missing Ingredient.

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