

Mindfulness Plain and Simple

author: Oli Doyle



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Synopsis

author	Oli Doyle
readBy	Clare Corbett
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Mindfulness Plain and Simple provides the tools, tips, and tricks you need to destress and declutter your mind. Inner peace and happiness are available now, and they're closer than you think. By taking just a few minutes out of your day and making the simple but dramatic shift into the present moment, you will find more focus, effectiveness, and clarity than you ever thought possible. There is no jargon, religion, or new-age vision quest, just simple tools to be happier and more confident straightaway. Oli Doyle is renowned for teaching mindfulness directly to those with no experience. For anyone seeking a simple, practical guide to living mindfully, this book is a must.

Reader's comments

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