

# The Here and Now

*Chloe Madeley, Helen Tupper, Sarah Ellis, Sophie Fletcher, The Mindfulness Project*

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## Synopsis

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author	Chloe Brotheridge, Sara Milne Rowe, Chloe Madeley, Helen Tupper, Sarah Ellis, Sophie Fletcher, The Mindfulness Project, Rukmini Iyer, Amir Khan, Oliver Burkeman
readBy	Sophie Fletcher, Sara Milne Rowe, Chloe Madeley, Chloe Brotheridge, Helen Tupper, Sarah Ellis, The Mindfulness Project, Rukmini Iyer, Amir Khan, Oliver Burkeman
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Let Chloe Madeley advise you on exercising at home.

Allow The Mindfulness Project to reconnect you with nature.

Banish anxiety with Chloe Brotheridge.

Sophie Fletcher's advice will help keep your family (and yourself) calm and connected.

Follow Helen Tupper and Sarah Ellis' advice as they redefine what a successful career means.

Listen to Dr Amir Khan's advice on how to achieve better sleep results.

Let Rukmini Iyer introduce you to the joys of cooking.

Learn from Sara Milne Rowe how to adjust your habits for positive change.

Incorporating guided walks, meditation exercises, workout routines and so much more, this

enriching, affirming guide will help each of us realign how we are living right now to make every moment the very best it can be, and develop habits and strategies that will last a lifetime.<br /><br />(P) Penguin Audio 2020</p>

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