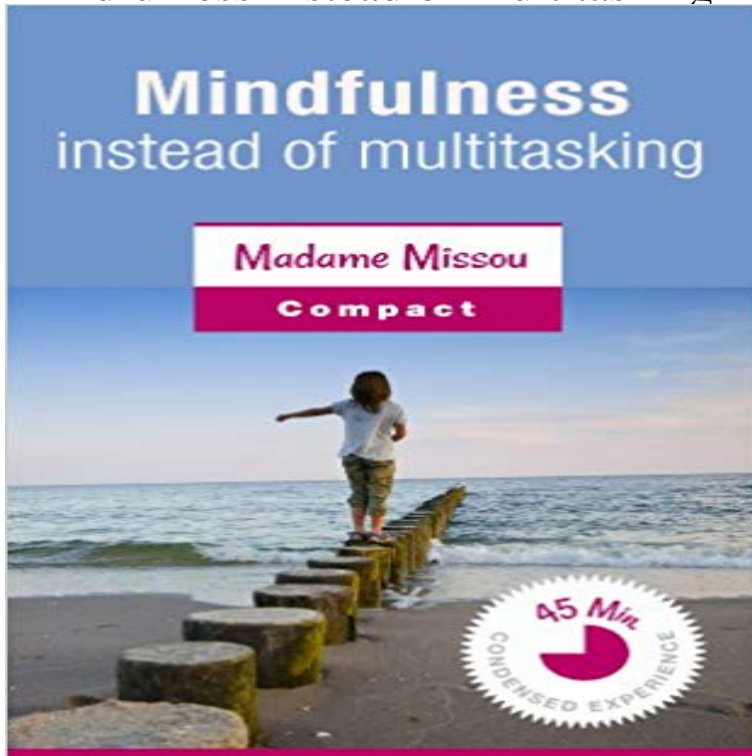


# Mindfulness Instead of Multitasking - A Plea for a More Conscious Life



About the book Our time is limited we can only use what we have. This guidebook promotes a conscious handling with oneself and others. But not only that: in a practical way, it provides insights into the dangers of multitasking and gives suggestions for a more considerate and livable lifestyle. In reading you will get to dive into the matter and make interesting and surprising discoveries. You will have thought-provoking impulses guiding you to more success, ease, and quality in your life. Simply by living more mindfully. Be it in your career or your personal life, your colleagues or your friends and family a lifestyle based on mindfulness is beneficial. Especially for yourself. It goes without saying that this little guide cant entirely fathom the whole aspect of mindfulness in 45 minutes of reading. Thus consider this book a helpful introduction and inspiration for the reader, who feels like knowing more. Some tips and advices may seem familiar to you. Some will certainly be new. Pick up whatever concerns you - or, in the best case, whatever touches you and start to build on that. Let's get started...

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