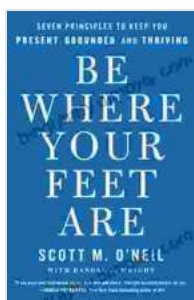


# Be Where Your Feet Are

## A Journey into Mindfulness, Meditation, and the Power of Presence

In a world that is constantly demanding our attention, it can be difficult to find moments of peace and stillness. We are bombarded with information, distractions, and obligations, and our minds are often racing with thoughts about the past, the future, and everything in between.



### Be Where Your Feet Are: Seven Principles to Keep You Present, Grounded, and Thriving by Scott O'Neil

★★★★☆ 4.6 out of 5

Language	: English
Item Weight	: 9.3 ounces
File size	: 2489 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 258 pages
Paperback	: 98 pages
Dimensions	: 8.5 x 0.24 x 8.5 inches

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*Be Where Your Feet Are* is a book that offers a path to mindfulness, meditation, and the power of presence. Author Thich Nhat Hanh, a world-renowned Buddhist monk and peace activist, shares his insights on how to cultivate awareness, calm our minds, and live in the present moment.

The book is divided into three parts:

- **The Power of Mindfulness:** This section explores the basics of mindfulness, including how to practice it in our daily lives.
- **Meditation: A Path to Presence:** This section provides instructions on how to meditate, as well as the benefits of meditation.
- **Living in the Present Moment:** This section offers guidance on how to apply mindfulness and meditation to our daily lives, so that we can live more fully in the present moment.

*Be Where Your Feet Are* is a clear and practical guide to mindfulness, meditation, and the power of presence. Thich Nhat Hanh's teachings are simple, yet profound, and he offers a wealth of wisdom and compassion.

If you are looking for a way to find more peace, stillness, and awareness in your life, *Be Where Your Feet Are* is the book for you.

**Here are some excerpts from the book:**



***“Mindfulness is the practice of being aware of what is happening in the present moment, without judgment.” - Thich Nhat Hanh***

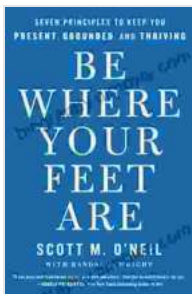
***"Meditation is a way to train your mind to be more focused and present." - Thich Nhat Hanh***

***"The present moment is the only moment we have. If we are not living in the present moment, we are missing our lives." - Thich Nhat Hanh***

*Be Where Your Feet Are* is a book that can help you to transform your life. It is a book that will teach you how to live more mindfully, meditate more effectively, and live more fully in the present moment.

If you are ready to embark on a journey of mindfulness, meditation, and the power of presence, Free Download your copy of *Be Where Your Feet Are* today.

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