



Little Book of Mindlessness (Hardback)

By Giddy Knowall

Carlton Books Ltd, United Kingdom, 2015. Hardback. Book Condition: New. 148 x 122 mm. Language: English . Brand New Book. The Little Book of Mindfulness by Tiddy Rowan is a global bestseller, which has been praised for helping readers discover a renewed energy and sense of true inner peace. Focus , Slow down and De-stress are its core mantras, but such words of wisdom aren t for everyone. So prepare to meet the book s directionless, foolhardy and reckless parody: The Little Book of Mindlessness, by Giddy Knowall, the perfect antidote to dull, tedious and condescending so-called inspirational self-help books.



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Reviews

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It is easy in study safer to comprehend. It can be writter in basic phrases and never confusing. It is extremely difficult to leave it before concluding, once you begin to read the book.

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