



## Little Book of Mindlessness (Hardback)

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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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