



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.



READ ONLINE

[1.31 MB]

Reviews

It is just one of the most popular ebook. It usually fails to price an excessive amount of. You will not really feel monotony at at any moment of your time (that's what catalogues are for about when you check with me).

-- **Matteo Torp**

Undoubtedly, this is the best function by any writer. This really is for those who statte there was not a really worth reading. Its been written in an exceptionally basic way which is merely right after i finished reading through this book by which really transformed me, change the way i really believe.

-- **Dr. Deonte Hammes DDS**