



Mindfulness: The Alchemy of Now

Felix Lopez

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In *Mindfulness: The Alchemy of Now*, author Felix Lopez offers a fresh perspective on mindfulness and the present moment.

With examples and analogies related to everyday life, and the invitation to experience this book with your heart as well as your mind, Felix shows you the way into conscious living from a place of gratitude, creativity, joy, and peace and away from unnecessary pain and suffering.

Through Felix's ongoing invitation, you have the opportunity to:

- * Develop a more organic relationship with your true nature.
- * Connect with the possibility to awaken to your full potential.
- * Gain a deeper sense of love and compassion for yourself and others.
- * Acknowledge the responsibility that accompanies a mindfulness practice.

Whether this is your first introduction to these concepts or you are reading this book as part of your ongoing spiritual growth, Mindfulness will give you relevant and meaningful insights to put into practice immediately in your life. Felix Lopez is a modern spiritual teacher who travels, spreading his unique zesty and simple message around the world.

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