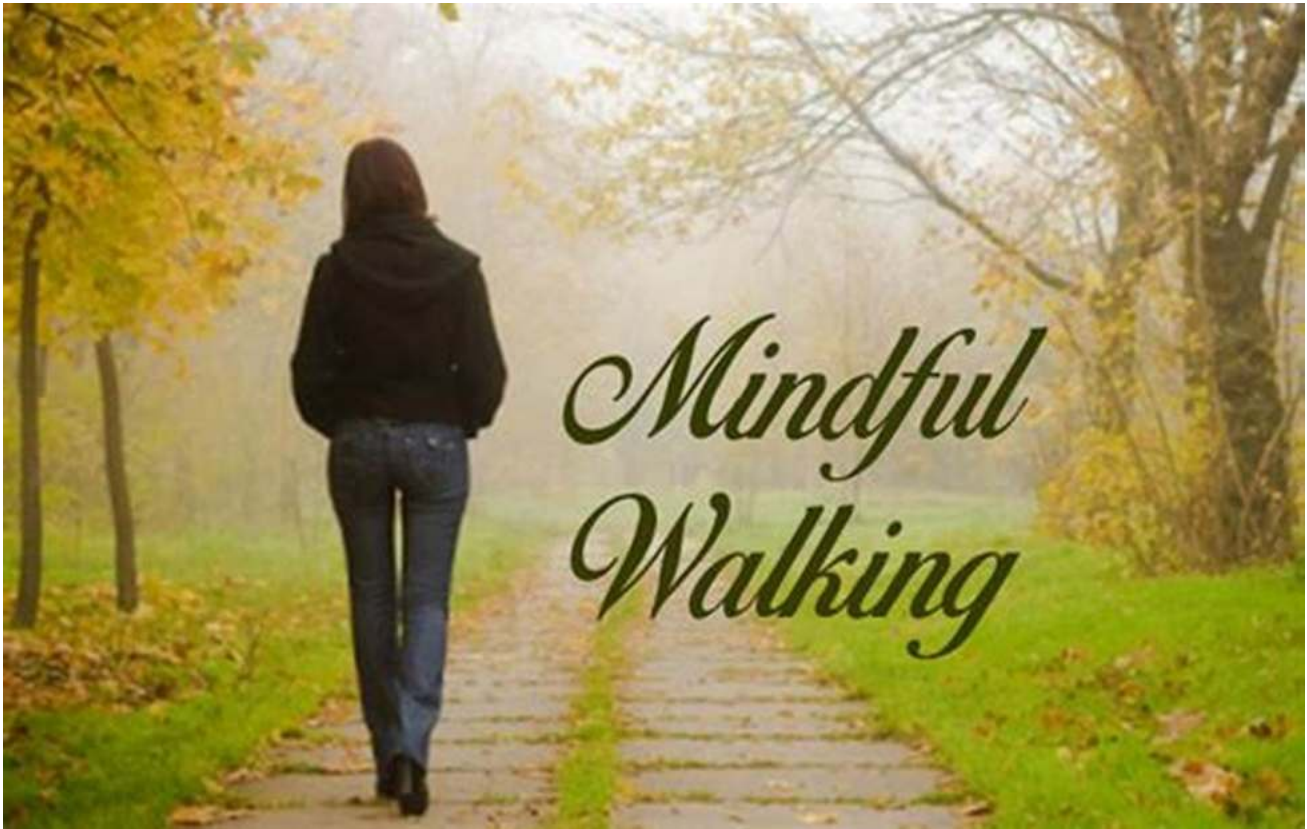


# How To Live Your Best Life: Walks In The Mind



Life is a continuous journey filled with ups and downs, successes and failures, joys and sorrows. In this fast-paced world, finding moments of peace and clarity becomes crucial to living a fulfilling life.

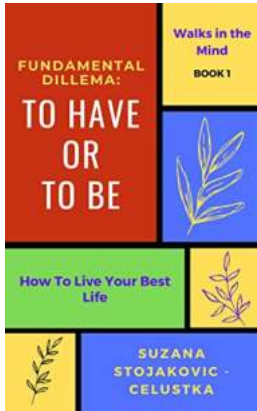
One of the most effective ways to discover your best self and live your best life is through walks in the mind. Unlike physical walks, these walks take place within our thoughts, emotions, and beliefs.

## **Fundamental Dilemma: To Have or To Be: How To Live Your Best Life (Walks in the Mind Book 1)**

by Suzana Stojakovic - Celustka (Kindle Edition)

★★★★☆ 4.7 out of 5

Language : English



File size	: 969 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 132 pages
Lending	: Enabled



## Why Mindful Walks Matter

Mindful walks allow you to connect with your inner world, explore your thoughts, and gain a deeper understanding of yourself. Just as walking outdoors clears our minds and recharges our energy, taking walks in the mind can bring mental clarity, improved focus, and overall emotional well-being.

By engaging in mindful walks, you create a space for self-reflection, self-awareness, and personal growth. It is a journey of self-discovery where you uncover hidden layers of your existence and gain insights that can lead to positive changes in your life.

## Taking the First Step

The first step towards meaningful walks in the mind is creating a conducive environment. Find a quiet and comfortable space where you can immerse yourself in your thoughts without distractions. It could be a peaceful corner in your home, a serene park, or any place that resonates with your inner being.

Once you have found your ideal location, sit or lie down in a relaxed position. Close your eyes and take a deep breath. Slowly exhale and let go of any tension

or worry. Allow your mind to wander freely, embracing the present moment with open arms.

## **Exploring Your Inner Landscape**

As you embark on your mindful walk, you might encounter a myriad of thoughts, emotions, and memories. Embrace them all without judgment, and observe them like an impartial observer.

Explore the depths of your mind, as if you are discovering uncharted territories within yourself. Pay attention to the patterns, beliefs, and narratives that shape your perception of reality. Challenge any limiting beliefs and rewrite your story with empowering ones.

## **Cultivating Gratitude and Mindfulness**

Gratitude and mindfulness are essential companions on your walks in the mind. Express gratitude for the lessons you've learned from your past experiences, the strength you have gained from overcoming hardships, and the opportunities that lie ahead.

Mindfulness, on the other hand, helps you stay present and fully engaged with your thoughts and emotions. It allows you to experience each moment fully, without being carried away by worries or regrets. Practice mindfulness by focusing on your breath, the sensations in your body, and the sights and sounds of your inner landscape.

## **Embracing Self-Compassion and Growth**

During your walks in the mind, be gentle with yourself and practice self-compassion. Acknowledge any pain, fear, or insecurities that arise, and offer

yourself kindness and understanding. Treat yourself as you would treat a dear friend.

Remember that personal growth is a continuous process. Embrace the changes you want to make in your life and take small steps towards turning them into reality. Celebrate your progress and be patient with yourself along the way.

## **Integrating Mindful Walks Into Your Daily Life**

To live your best life and make mindful walks a part of your routine, consider integrating them into your daily life. Set aside dedicated time each day for self-reflection and exploration. It could be in the mornings to set the tone for the day or in the evenings to reflect on the events that unfolded.

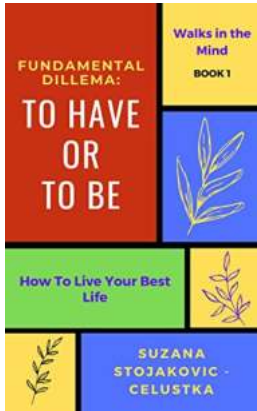
You can also incorporate mindful walks into your physical walks. Engage all your senses as you take a stroll in nature, be fully present in the moment, and let your mind wander freely. Use the sounds, sights, and smells of nature as anchors to keep you grounded in the present.

Living your best life starts with understanding yourself on a deeper level. By embarking on mindful walks in the mind, you create an opportunity for self-discovery, growth, and personal transformation.

Take the plunge and explore the untapped potential within you. Practice gratitude, cultivate mindfulness, and treat yourself with kindness along the way. Make mindful walks a regular practice, and you will find yourself living your best life by walking in the mind.

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Do you want to live your best life? Start with this book!

There are many questions to start with. Have you ever wondered about the "to have or to be" dilemma? Do you believe that sane society can exist?

If you think that our society is more psychedelic than ever, you are right. Gaps between the rich and poor are deepening. People are still waging wars. The pollution is worse than ever before. Poverty and famine are part of our daily lives. Furthermore, we have Covid-19 pandemic-related problems, too.

It is not easy to be a psychically healthy individual in a mentally unstable society. This book is written for you as a person. The author took this approach because the sanity of society can arise only from individuals who try to be as sane as possible in an inherently insane society. Every story in this book describes one societal or individual problem, and the reader is asked to take action.

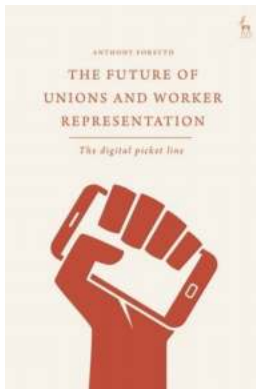
When you start reading, if you start from the beginning (although you do not have to), you will come to the first part, What We See where some deviations in society are described. This part of the book contains five stories about neglecting

irrelevant things, the "to have or to be" dilemma, and deviant behaviours such as workaholism, perfectionism, and excessive fear of failure.

The second part, What We Feel, contains six stories about what we can feel in today's living circumstances. In this part, the author writes about stress, anxiety, depression, everyday worries, and challenges we encounter in life today.

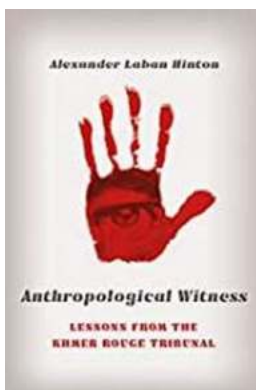
In the third part, What We Do, there are some common wrongdoings we do as a society described in four stories. These stories talk about prejudices, discrimination, racism, and wars.

Finally, the last part, Why We Do What We Do? brings out some possible explanations for previously described problems in five stories that talk about egocentrism, the wish to control everything, lack of the vision for the future, permanent pain, and discuss the fundamental dilemma in life.



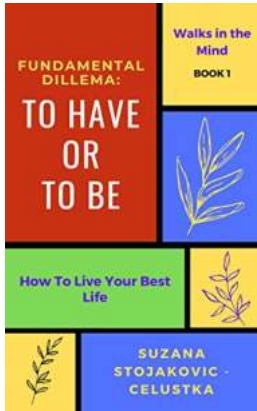
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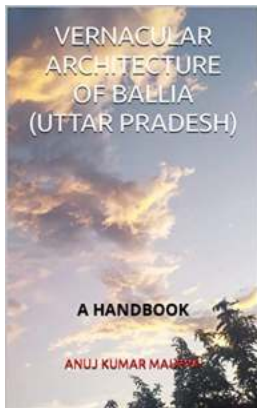
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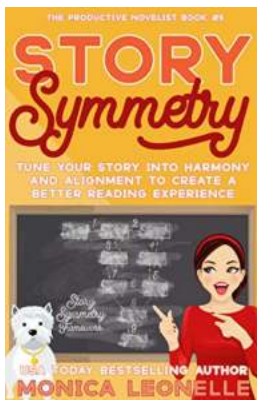
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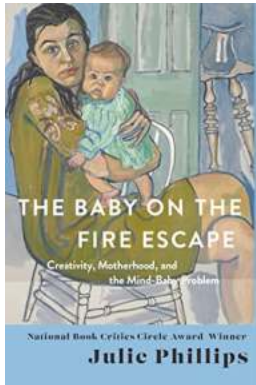
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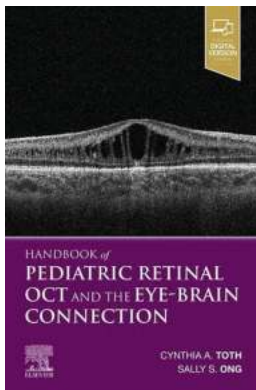
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