

Embracing Mindfulness in the Healing Process: Finding Peace in the Present Moment

By Melkisedeck Leon Shine · July 14, 2023

Relationship Breakups and Healing Tips

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Going through a breakup can be an incredibly challenging and painful experience. The end of a relationship can leave us feeling lost, hurt, and uncertain about the future. But what if I told you that there is a powerful tool that can help you find peace and healing in the midst of this difficult time? That tool is mindfulness.