

# Download Finding The Gift Daily Meditations For Mindfulness

Finding the Gift: Daily Meditations for Mindfulness [Angela Howell] on Amazon.com. \*FREE\* shipping on qualifying offers. Finding the Gift: Daily Meditations for Mindfulness encourages readers to press pause for a few moments every day to gain life-changing insights from metaphors found in the most unlikely places.

Whether it's from watching a favorite pet "In Finding the Gift: Daily Meditations for Mindfulness, you'll find refreshing insight and an abundance of wisdom. Angela Howell shows us how we already have everything we need for our happiness and well-being and how to harness that. "Angela Howell is a shining light, uniting human imperfections with sacred hope. Just for joining the FTG community, I will send you my free eBook, Ten Secrets to Finding the Gift! Many of my insights come through unlikely metaphors in nature and other life lessons, and those will be found in my blog posts and my new book, Finding the Gift: Daily Meditations for Mindfulness. Angela is the author of "Finding the Gift: Daily Meditations for Mindfulness," which reveals life lessons in the form of metaphors found in the most unlikely places. Passionate about wellness and success, Angela has been seen in Yahoo News, Cosmopolitan, Fast Company and is a regular contributor to Huffington Post.