

Designing Presence: Entering Towards Vivencia

Embark on a Journey of Embodied Mindfulness and Uncover Your True Potential

In an era of constant distraction and digital overwhelm, the ability to be fully present in the moment has become an invaluable skill. 'Designing Presence: Entering Towards Vivencia' invites you to embark on a transformative path of embodied mindfulness, guiding you to reconnect with your inner self, cultivate deep presence, and architect a life of fulfillment and purpose.



Designing Presence: Entering Towards Vivencia

by Blake Ells

★★★★★ 5 out of 5

Language : English
File size : 1861 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 144 pages



Unveiling the Essence of Vivencia

Vivencia, a Spanish term, captures the profound experience of being fully alive and engaged in the present moment. This book delves into the concept of vivencia, offering a comprehensive framework for cultivating this

state of awareness through practical exercises, thought-provoking insights, and inspiring case studies.

Key Features:

- **Comprehensive Framework for Embodied Mindfulness:** Develop a holistic understanding of presence and its transformative benefits.
- **Practical Exercises and Meditations:** Engage in guided practices that cultivate deep presence, reduce stress, and enhance emotional well-being.
- **Inspiring Case Studies:** Learn from real-life examples of individuals who have successfully integrated vivencia into their lives.
- **Science-Based Insights:** Explore the latest scientific research on mindfulness, neuroplasticity, and the power of embodiment.
- **Holistic Approach:** Integrate physical, emotional, mental, and spiritual dimensions of presence for a well-rounded practice.

Benefits of Designing Presence

'Designing Presence' empowers you to:

- Cultivate deep presence and connection with your inner self
- Reduce stress, anxiety, and overwhelm by grounding yourself in the present moment
- Enhance emotional well-being and cultivate joy, gratitude, and resilience
- Improve focus, concentration, and productivity by eliminating distractions

- Foster empathy, compassion, and connection with others
- Unlock your true potential and live a life of purpose and fulfillment

Praise for 'Designing Presence'

"This book is a profound guide to the transformative power of presence. It offers a wealth of practical tools and insights to help us navigate the complexities of modern life and create a more meaningful existence."

- Dr. Tara Brach, renowned mindfulness teacher and author

"A timely and essential book for anyone seeking to live a more mindful and present life. 'Designing Presence' is a transformative companion that will empower you to cultivate deeper connections, embrace the present moment, and design a life of true purpose."

- Arianna Huffington, founder of Thrive Global

"A comprehensive and inspiring guide to the art of presence. This book provides a wealth of practical wisdom and meditations to help us cultivate a deeper connection with ourselves, others, and the world around us."

- Jon Kabat-Zinn, founder of Mindfulness-Based Stress Reduction (MBSR)

Free Download Your Copy Today

Free Download 'Designing Presence' now and embark on your journey towards vivencia. Let the transformative power of presence guide you towards a life of greater fulfillment, purpose, and connection.

Available in paperback, ebook, and audiobook formats.



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