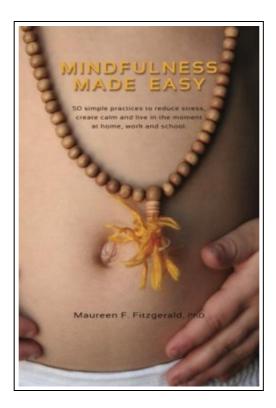
Mindfulness Made Easy: 50 Simple Practices to Reduce Stress, Create Calm, and Live in the Moment - At Home, Work and School (Paperback)



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Reviews

It is great and fantastic. Better then never, though i am quite late in start reading this one. Its been written in an extremely simple way and is particularly only right after i finished reading this ebook where actually changed me, affect the way i really believe. (Orin Blick)

MINDFULNESS MADE EASY: 50 SIMPLE PRACTICES TO REDUCE STRESS, CREATE CALM, AND LIVE IN THE MOMENT - AT HOME, WORK AND SCHOOL (PAPERBACK)



Centerpoint Media, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. ARE YOU FRAZZLED AND STRESSED? Join the millions of others benefitting from this scientifically proven method for calming your thoughts and emotions while living fully in the present moment. Mindfulness Made Easy is a collection of best practices based on the work of experts such as Jon Kabat-Zinn, Pema ChOdrOn, and Daniel Siegel. A great introduction to mindfulness, it includes easy tools to reduce stress and create calm including how to: calm your monkey mind ; relax by breathing deeply; eat mindfully; meditate without sitting on a pillow; scan your body and release tension. Select one each day or practice with others, share them with your friends and family, use them in the classroom or keep them in your office desk. As Fitzgerald says, When people pay attention to their body, their thoughts and their emotions, they wake up to a totally new way of understanding themselves and begin interacting with the world in amazingly positive ways. PRAISE FOR THIS BOOK This is a truly wonderful set of exercises for developing mindfulness. I am very impressed with your ability to bring together so many ideas and make it accessible. the format is great: What it is. How to do it. What to notice. -Darrell Joan Tomkins, professor emeritus and artist If you only have five minutes a day like me, buy this book, try one exercise each day, and you will not only be calmer, but more awake to all of life! - Monica Beauregard, president, Bridgepoint Human Resources, Toronto Maureen gives us a wonderful collection of practical mindfulness techniques. Each one makes you eager to discover the next one. As a teacher of meditation, this book will be a welcome recommendation to my...

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