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By Ruby Wax

Penguin Books Ltd. Hardback. Book Condition: new. BRAND NEW, A Mindfulness Guide for the Frazzled, Ruby Wax, 500 years ago no-one died of stress: we invented this concept and now we let it rule us. We might have evolved to be able to miraculously balance on seven-inch heels, but as far as our emotional development is concerned we're still swimming with the pond scum. If we don't advance our more human qualities then we're doomed evolution-wise to become cyborgs, with an imprint of an 'Apple' where our hearts used to be. Ruby Wax shows us a scientific solution to these modern problems: mindfulness. I know what you're thinking - what if I don't want to stare at a butterfly wing or hear the single tingle of a wind chime? My definition of mindfulness isn't about sitting erect on a hillock, legs in a knot, humming a mantra that's probably the phone book sung backwards, it's something that can help us all: learning to notice your thoughts and feelings so you can truly experience life. Outrageously witty, smart and accessible, Ruby Wax shows ordinary people how and why to change for good. With mindfulness advice for relationships, for parents, for children...

### Reviews

*This book is very gripping and fascinating. Of course, it can be perform, nevertheless an amazing and interesting literature. I am just pleased to explain how this is basically the finest publication i have go through within my very own lifestyle and might be he best pdf for possibly.*

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