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Mindfulness Meditation For Beginners

Mindfulness Meditation Ebook

Arturo Cuomo



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EBOOK: A Beginner's Guide to Mindfulness: Live in the Moment Ernst Bohlmeijer, Monique Hulsbergen, 2013-05-16 While the concept of living in the moment seems simple the reality is often entirely different as our minds chatter and fret and rarely stand still Fortunately Ernst Bohlmeijer and Monique Hulsbergen have written a clear and reassuring guide to mindfulness and ACT with illuminating exercises and a wealth of information about how our minds work But more than this it is also a guide to living a more contented life as the reader is encouraged to search out and live a life guided by their most deeply held values It is an uplifting read Rebecca Alexander executive coach The Coaching Studio and Contributing Editor Psychologies Ernst and Monique have written a wonderful self help guide Full of interesting anecdotes helpful case studies and useful techniques this is a book which teaches us how to lead a more fulfilled life Dr Rick Norris Consultant Psychologist and author of Think Yourself Happy the simple 6 stage programme to change your life from within Life is not easy There are times when we are full of gloom doubt fear bitter disappointment or insecurity This practical book will help you to experience greater freedom and quality in your life and teach you how to cope with stressful situations Combining mindfulness and Acceptance and Commitment Therapy ACT exercises in an accessible 9 week programme Bohlmeijer and Hulsbergen show you how to observe your thoughts without judgement and connect with the here and now in your life By spending a few minutes a day you will discover what really matters to you in life and learn to base your day to day actions on your values Learn how to live in the moment with this step by step guide to mindfulness and walk away from fighting difficult emotions You will find peace and greater joy as well as reduced anxiety and stress With illustrations by Helen van Vliet Mindfulness is a form of meditation that originated in Buddhist practice A recent development is Mindfulness Based Stress Reduction or MBSR which is now being used successfully in treating a range of clinical conditions including the relief of stress and anxiety in cancer The new book A Beginner's Guide to Mindfulness by Ernst Bohlmeijer and Monique Hulsbergen is a most valuable addition to the literature It is written with authority by two distinguished and experienced psychologists and contains a wealth of information written in easily understood English The book also contains useful exercises for people to work through I recommend this book highly especially to anyone trying to help themselves deal with physical or psychological illness Professor Jane Plant Imperial College London UK and author of international bestseller Your Life in Your Hands Being a human being includes difficulties The authors take this simple fact of life blend their personal experiences a model of mindfulness scientific evidence and a bit of humour From this they create a book of wisdom inspiration and practical steps for living Lance M McCracken Professor of Behavioural Medicine King's College London UK This is clearly one of the best mindfulness books for beginners You can put it directly into the hands of your clients with no explanations Clearly a very user friendly book to have in your clinic JoAnne Dahl Professor of Psychology Uppsala University Sweden This is a very useful book for anyone wanting to find more meaning and satisfaction in life It blends exercises and metaphors from several

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Mini Edition W Doyle Gentry PhD is a clinical psychologist whose scientist practitioner career spans almost four decades Dr Gentry is a distinguished Fellow in the American Psychological Association and is the Founding Editor of the Journal of Behavioral Medicine He has authored over 100 scholarly works has edited eight textbooks and has authored three self help books including Happiness For Dummies **The Little Handbook of Mini-Mindfulness Meditation** Tan Seng Beng,2012-04-02 *Mindfulness Meditation and The Art of Reiki* Steve Robert Gooch,2022-07-29 Beyond the concept of energy healing the system of Reiki was engineered as a powerful spiritual development practice built on the bedrock of mindfulness meditation Unpacking the esoteric Buddhist heart of the practice this book will guide you to a more fulfilling healthy and spiritually dynamic life by showing you how to approach the system from a mindfulness perspective New information and insights into the methods mechanics and philosophy of Reiki make this an essential read for anyone interested in the system s original purpose As Reiki comes under increasing scrutiny over its health supportive characteristics now is the time to shine a light on its symbiotic relationship with mindfulness practice in helping to alleviate the suffering of the human condition How to Be Mindful Anna Barnes,2016-08-11 Would you like to feel less stressed live more calmly and be more content The simple ideas that mindfulness teaches can help you achieve all these things and more Bursting with tips centring statements and activities How to Be Mindful will provide you with everything you need to make every day full of gratitude and peace **Wherever You Go, There You are** Jon Kabat-Zinn,2005

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