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constantly strays off to other things that aren't vital to that moment. You have a chattering voice in your head that just cannot leave you alone. You feel like you need to give the voice a little break. You aren't aware of your actions as well as your thoughts and you are always regretting some actions and decisions that you take. Your thoughts are always on a roll and you don't have the capacity to determine what thoughts are true and what are bollocks. You have very little control over your emotions and you cannot express them freely most of the time. You find it hard dealing with adverse situations that require you to think everything over. You wish to slow down the pace of your life. When you are going through this you need to have a solution and this solution comes in the book *What You Expect from the Book*. Understand what meditation is and what it means to meditate. Understand the benefits of meditation and mindfulness. How it works and why it is so vital. The different types of meditation techniques that will get you to the goals you are after. You won't just learn about one or two meditation techniques but a total of 11 way more than what the other books on the market give you. Each method is detailed with examples. You read about meditation in practice right from walking meditation to mindfulness meditation and how they apply to tension headaches, sleep, negative attitudes and muscle relaxation. We look at the various group meditation techniques and how you can benefit from them. We also look at meditation while on the go. You get to learn about meditation in society and how it affects schools, leadership and the workplace. In short, this is a package that will get you from zero to hero. The book is divided into chapters that make it easy to read and understand. It takes time to learn to meditate but the book gives you all you need to start and work on it. When the time is right you will enjoy so many benefits that will make you an expert of meditation and mindfulness. So if you want to be a master on meditation and mindfulness click **Add to Cart now** **This Moment Is Your Life (and So Is This One)** Mariam Gates, 2018-05-22 This lively hands-on guide to meditation, mindfulness and yoga is a perfect introduction for tweens and teens. Don't just do something, be here. The key to happiness is being able to find comfort in this moment here and now. When you are completely present and not distracted by regrets, worries and plans, even for a little while, you begin to feel more confident and can deal more easily with everything you experience. This is mindfulness: paying attention to this very moment on purpose and without judgment, simply being present with curiosity. This engaging guide, packed with simple exercises and endearing full-color artwork, provides a handy starting point for bringing mindfulness into your daily life. Chapters on meditation, yoga and mindful breathing explain the benefits of these practices and you are free to pick and choose what to try. There are quick exercises throughout and a more extensive tool kit at the end of each chapter. The final chapter offers satisfying five-day challenges that map out ways to pull all of the book's mindfulness techniques together in your day-to-day life. With the appeal of a workbook or guided journal and full of examples relevant to tweens and teens today, this book will be your trusted companion as you begin the valuable stress-relieving work of being still with skill. *Capturing Mindfulness* Matthew Johnstone, 2014-06-19 There are few better ways to consciously slow down and truly engage with your surroundings than when you are armed with a camera. With *Capturing Mindfulness*, de-stressing and

being in the moment needn't be limited to simple diary keeping and fill in journals instead you can capture it with your lens Bestselling author Matthew Johnstone's latest book *Capturing Mindfulness* is a natural follow on from his last book *Quiet the Mind* which came out in 2012 Matthew has been practicing what he terms photopresent for the last 15 years and believes that next to meditation this is one of the most creative and enjoyable ways to attain mindfulness in day to day life The very essence of photography after all is all about focus and capturing the moment Matthew is fascinated by light colour composition and most importantly how he can see the world differently For him having camera in your hands is the reminder to consciously slow everything down from your breath to your walk to your thoughts and begin to really observe your surroundings as if seeing them for the first time Mindfulness photography is about seeing something that no one else can capturing something that will never happen again and finding beauty where it doesn't typically exist When we become more consciously aware of where we are what we're doing and what we're thinking life can become calmer more enjoyable and generally more manageable

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life's challenges and live a happy lifestyle

About the Author of Mindfulness For Dummies Shamash Alidina is a professional mindfulness trainer, speaker, and coach specializing in mindfulness training for therapists, coaches, and executives, as well as the general public. He has trained with Jon Kabat Zinn, Thich Nhat Hanh, and Matthieu Ricard and at Bangor University's Centre for Mindfulness. He has over ten years of experience in teaching mindfulness.

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