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Mindfulness MEDITATION

For Beginners

A Simple Guide to Mindfulness Meditation
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By

Michelle McClellan
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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.

About the Author of Meditation For Dummies 3rd Edition Stephan Bodian, a licensed psychotherapist and former editor in chief of Yoga Journal, has practiced and taught meditation for over 40 years and has written extensively on meditation, stress management and spirituality. His articles have appeared in *Fitness*, *Cooking Light*, *Natural Solutions* and other national magazines.

About the Author of 50 Ways to a Better You For Dummies 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).

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