

Award Winning Mindfulness Meditation

Amy Baltzell, Joshua Summers

Award Winning Mindfulness Meditation:

Mindfulness Meditations for the Anxious Traveler Elisha Goldstein, 2012-11-06 Ever wonder how easy life would be if you didn t get suffocated with anxiety your heart didn t pound in your chest and your thoughts didn t race a mile a minute every time you had to step onto a plane Think you have no control over your fear of flying Think again Mindfulness Meditations for the Anxious Traveler reveals how you can calm your anxiety about traveling cultivate self compassion and gain control of your fears by guieting the emotional brain and tapping into the rational brain You can approach your traveling challenges with greater ease The secret is in the spaces A leader in mindfulness psychology Dr Elisha Goldstein demon strates how to use the space between stimulus and response to break free from habitual beliefs and thoughts that don't serve you These techniques will allow you to connect to the present moment to make deep permanent life changes In essence this book teaches the foundation for how the now this very moment can change the rest of your life To enhance and ease your experience the text also contains links to simple instructional videos **Master the Mindset of Winners: Stop Overthinking and Start Dominating** Silas Mary, Overthinking can be a major obstacle to success It paralyzes you creates doubt and prevents you from making the bold decisions necessary to achieve greatness Master the Mindset of Winners teaches you how to stop overthinking and start dominating This book offers strategies to help you clear mental clutter eliminate self doubt and adopt the mindset of winners those who take decisive action trust their instincts and never second quess themselves You ll discover how to make quick confident decisions and take consistent action that moves you closer to your goals With these tools you ll develop the clarity and mental strength necessary to master your mind and dominate your Mindful Leadership Maria Gonzalez, 2012-03-27 Become a true leader through Mindfulness If you thought leading a life team or organization meant simply creating and implementing a financial plan delegating responsibility and watching the bottom line well you re only partly right True leadership comes from within a place of deep calm and focus that allows you to respond to any situation as it arises In Mindful Leadership you ll learn how to draw on those inner reserves through Mindfulness Meditation a tool you can use to achieve focus and clarity reduce stress and develop the presence of mind to meet any number of challenges The book opens up a world of meditation exercises that can be done anywhere anytime no chanting or patchouli required and that are the gateway to improved judgment and decision making improved time management enhanced team effectiveness greater productivity and more on the job inspiration and innovation Details the nine ways in which leaders can incorporate Mindfulness into every aspect of their lives Illustrates how meditation and business actually do mix Essential for anyone interested in anticipating and serving client needs The author coaches executives throughout North America and is quoted widely in the media Offering essential skills for both life and work Mindful Leadership shows how it s possible to successfully lead a team an entire organization or just yourself Psychotherapy for the Advanced Practice Psychiatric Nurse, Second Edition Kathleen Wheeler, 2013-12-11 Print

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Mindfulness Mark Williams, Danny Penman, 2012-11-13 MINDFULNESS reveals a set of simple yet powerful practices that can be incorporated into daily life to help break the cycle of anxiety stress unhappiness and exhaustion It promotes the kind of happiness and peace that gets into your bones It seeps into everything you do and helps you meet the worst that life throws at you with new courage The book is based on Mindfulness Based Cognitive Therapy MBCT MBCT revolves around a straightforward form of mindfulness meditation which takes just a few minutes a day for the full benefits to be revealed MBCT has been clinically proven to be at least as effective as drugs for depression and is widely recommended by US physicians and the UK s National Institute for Health and Clinical Excellence in other words it works More importantly it also works for people who are not depressed but who are struggling to keep up with the constant demands of the modern world MBCT was developed by the book s author Oxford professor Mark Williams and his colleagues at the Universities of Cambridge and Toronto By investing just 10 to 20 minutes each day you can learn the simple mindfulness meditations at the heart of MBCT and fully reap their benefits The book includes links to audio mediations to help guide you through the process You ll be surprised by how quickly these techniques will have you enjoying life again The Power of Mindfulness Amy Baltzell, Joshua Summers, 2018-02-28 This book offers both sport psychology practitioners and sport athletes a clear understanding of mindfulness to help athletes optimize sport performance It provides a clear insight how sport athletes can learn to increase their ability to concentrate be fully present during high pressure competition and how to effectively respond to distracting thoughts and emotions e g performance anxiety dread The strategies offered in the chapters are based on Mindfulness Meditation Training for Sport MMTS an empirically supported mindfulness intervention for sport which was created by the authors MMTS has been adopted internationally by practicing sport psychologists used with collegiate club and Olympic teams Through offering a clear explanation of mindfulness and self compassion an essential element of MMTS brief mindfulness based practices and consistently offering how such practices link to performance the reader learns to implement all of MMTS or elements of MMTS to help the increase their ability to focus cope with difficult

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