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Mindfulness MEDITATION

For Beginners

A Simple Guide to Mindfulness Meditation
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By
Michelle McClellan
Psychologist
Mindfulness Trainer
Life Coach

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Steve Robert Gooch



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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 s 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 s 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

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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**

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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.

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), and *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.

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