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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 *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 metaphors from several mindfulness based therapies in a user friendly self help format Ruth Baer Professor of Psychology University of Kentucky USA Bohlmeijer and Hulsbergen s A Beginner s Guide to Mindfulness provides an accessible and practical route to create more well being They have convinced me with their research and this volume that they are serious about helping more people flourish in life Anybody interested in flourishing should read this book and more importantly practice what they preach Corey Keyes Professor of Sociology Emory University Atlanta Georgia USA

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

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beautifully designed content excluding the practical exercise pages perfect to dip in and out and choose which bits work best for you Join the Calm revolution Modern life is hectic and relentless trains delayed endless emails filling the inbox kids squabbling before bedtime There has never been a more important time to rediscover your pause button Calm is the book that will show you how to take back a little bit of peace space and all important calm This book contains the simple tools tricks and habits that will change the rest your life It is a practical and pleasurable guide to twenty first century mindfulness Regular meditation is medically proven to be good for you it increases focus and creativity productivity and job satisfaction mental and even physical health But in reality most of us don't have time to sit on a cushion with our eyes closed for half an hour every day And many people associate meditation with hard work and huge lifestyle shifts you might be imagining Buddhist monks locked in a mountain retreat and living off gruel This is where Calm comes in Calm is about simple achievable habits that work with the demands of your busy life instead of pretending those demands don't exist Calm does not require specialist training it uses abilities that every single one of us is born with like creativity spontaneity and simply noticing the world around you Calm is not a set of rules that you need to worry about following or breaking It is inspirational practical and non prescriptive Onerous time consuming meditation might seem out of reach but everyone can achieve calm including you Calm combines extracts from fascinating neurological research with wisdom from history's great thinkers and the real life experiences of individuals across the globe It demystifies mindfulness and shows you the many simple ways to be mindful while carrying on with your life It is also a beautifully crafted object filled with artwork and artistry that will change your perspective by showing you the pleasures of the world anew Take a walk with nowhere to go savour a chocolate on the tip of your tongue plant a seed doodle aimlessly turn off your mobile phone for five short minutes Smile breathe and go slowly Michael Acton Smith has written a game changing book one that will finally balance everyone's need for calm with the realities of modern life Join the Calm revolution Calm your mind change your world Calm com calm

The Mindfulness and Mindbalancing Handbook Reinhard Kowalski, 2017-07-05 This is a comprehensive resource for learning practising and teaching meditation Meditation is becoming a useful tool in the arsenal of the established healing professions In particular Mindfulness meditation is recommended in the NICE guidelines as a treatment for depression and has proved helpful for a range of problems including anxiety disorders and OCD It can also be used with physical psychosomatic and stress related problems and as a self development programme This handbook guides the reader into meditation practices in a systematic gradual and practical way It includes Cognitive Therapy exercises reflections relaxation guided imagery breathing exercises and a wide range of meditation practices from different traditions It contains clear instructions on how to use the exercises and practices as well as suggestions on how they can be used with individuals and in groups It addresses the differing needs of readers whether it is to dip into meditation a little to follow a programme to learn about the spiritual aspects of meditation or simply to create more peacefulness calmness groundedness and centredness in their own and in the lives of others It

includes downloadable resources for the reader to develop their own varied daily relaxation and meditation practices as well as photocopiable worksheets record forms and audio exercises so practitioners can read them out in groups or to individual clients if they prefer to use their own voice Meditation is a complex subject This handbook provides a clear and practical guide that introduces the reader to the wider context of meditation provides an optional deeper understanding of some of the concepts and models and includes comprehensive resources for those who want to explore meditation further

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