



Mindfulness Workbook For Dummies

By Shamash Alidina, Joelle Jane Marshall



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Restore balance to your life and live in the moment

Mindfulness is a proven meditation technique that can help you restore balance in your personal life. Now, the author of *Mindfulness For Dummies* shows you step-by-step how to put the lessons of his book into practice.

Inside you'll find a huge number of hands-on exercises and techniques to help you to live in the present, let go of negative, distracting, and judgmental thoughts, and achieve greater happiness and contentment in your life.

- Mindfulness can be applied to a range of conditions, including depression, anxiety, stress, fatigue, or illness
- Practicing mindfulness promotes well-being and improves quality of life
- The audio CD contains guided meditations to enhance the practical guidance within the book

Mindfulness Workbook For Dummies gives you the tools you need to pay attention to the present without judgment, and build a happier life.

CD-ROM/DVD and other supplementary materials are not included as part of the e-book file, but are available for download after purchase.

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Editorial Review

From the Back Cover

- Review and develop your mindfulness practice
- Experiment with different mindfulness techniques
- Find ways to make time for mindfulness

Download the audio files of guided meditations

See how to

Develop your mindfulness practice for a happier, healthier life

Maximise the health benefits of mindfulness

Integrate mindfulness meditation into your everyday life

Expand and fine-tune your ability to put self-destructive thinking and behaviour in their place

The revolutionary meditation therapy that's sweeping the globe, mindfulness helps you overcome negative thoughts and emotions and achieve a calmer, more focused state of mind. In this handy workbook Shamash and Jo help you hone the techniques described in Shamash's bestselling *Mindfulness For Dummies*. As you work through the exercises and follow the downloadable guided audio meditations, you'll experience yourself breaking free from negative habits of thinking and acting.

Audio download includes

Guided meditations to deepen your practice

Exercises to help you build your skills

About the Author

Shamash Alidina is a professional mindfulness trainer, speaker and coach. Joelle Jane Marshall works with Shamash to develop workshops on Mindfulness and Overcoming Fear.

Users Review

From reader reviews:

Alma Bulger:

Have you spare time for the day? What do you do when you have considerably more or little spare time? Yes, you can choose the suitable activity with regard to spend your time. Any person spent all their spare time to take a move, shopping, or went to the Mall. How about open or perhaps read a book titled Mindfulness Workbook For Dummies? Maybe it is for being best activity for you. You already know beside

you can spend your time using your favorite's book, you can better than before. Do you agree with its opinion or you have different opinion?

James Ellis:

As people who live in often the modest era should be upgrade about what going on or details even knowledge to make these people keep up with the era that is certainly always change and progress. Some of you maybe may update themselves by examining books. It is a good choice to suit your needs but the problems coming to anyone is you don't know which one you should start with. This Mindfulness Workbook For Dummies is our recommendation to make you keep up with the world. Why, because this book serves what you want and need in this era.

Samantha Bond:

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Michael Gage:

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