



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:

Thomas Rasmussen:

What do you regarding book? It is not important along with you? Or just adding material if you want something to explain what the one you have problem? How about your time? Or are you busy particular person? If you don't have spare time to complete others business, it is gives you the sense of being bored faster. And you have extra time? What did you do? All people has many questions above. They have to

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Helen Jackson:

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