



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:

Dean Rakestraw:

The event that you get from Mindfulness Workbook For Dummies is the more deep you searching the information that hide in the words the more you get enthusiastic about reading it. It doesn't mean that this book is hard to comprehend but Mindfulness Workbook For Dummies giving you thrill feeling of reading. The writer conveys their point in certain way that can be understood simply by anyone who read this because

the author of this publication is well-known enough. This particular book also makes your own personal vocabulary increase well. Making it easy to understand then can go along with you, both in printed or e-book style are available. We highly recommend you for having that Mindfulness Workbook For Dummies instantly.

Chad Smith:

Spent a free time and energy to be fun activity to perform! A lot of people spent their free time with their family, or their particular friends. Usually they doing activity like watching television, going to beach, or picnic from the park. They actually doing ditto every week. Do you feel it? Would you like to something different to fill your free time/ holiday? Could possibly be reading a book might be option to fill your free of charge time/ holiday. The first thing that you ask may be what kinds of publication that you should read. If you want to test look for book, may be the e-book untitled Mindfulness Workbook For Dummies can be very good book to read. May be it could be best activity to you.

Ethel Swafford:

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Ronald Sadowski:

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