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A Practical Guide
Mindfulness
To Finding Peace
In A Frantic World
Practical
Guide To
Finding
Peace In A
Frantic
World

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The applications and use of mindfulness-based interventions in medicine, mental health care, and education have been expanding as rapidly as the empirical evidence base that is validating and recommending them. This growth has created a powerful

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demand for professionals who can effectively deliver these interventions, and for the training of new professionals who can enter the fold.

Ironically, while the scientific literature on mindfulness has surged, little attention has been paid to the critical who and how

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A Practical Guide
*of mindfulness
pedagogy. Teaching
Mindfulness is the first
in-depth treatment of
the person and skills
of the mindfulness
teacher. It is intended
as a practical guide to
the landscape of
teaching, to help those
with a new or growing
interest in mindfulness-
based interventions to*

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develop both the personal authenticity and the practical know-how that can make teaching mindfulness a highly rewarding and effective way of working with others. The detail of theory and praxis it contains can also help seasoned mindfulness

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practitioners and teachers to articulate and understand more clearly their own pedagogical approaches.

Engagingly written and enriched with vignettes from actual classes and individual sessions, this unique volume: Places the current mindfulness-

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based interventions in their cultural and historical context to help clarify language use, and the integration of Eastern and Western spiritual and secular traditions Offers a highly relational understanding of mindfulness practice that supports moment-

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*by-moment work with
groups and
individuals Provides
guidance and
materials for a highly
experiential
exploration of the
reader's personal
practice, embodiment,
and application of
mindfulness Describes
in detail the four
essential skill sets of*

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*the mindfulness
teacher Proposes a
comprehensive,
systematic model of
the intentions of
teaching mindfulness
as they are revealed in
the mindfulness-based
interventions Includes
sample scripts for a
wide range of
mindfulness practices,
and an extensive*

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*resource section for
continued personal
and career*

*development Essential
for today's
practitioners and
teachers of
mindfulness-based
interventions*

Teaching

*Mindfulness: A
Practical Guide for
Clinicians and*

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Educators brings this increasingly important discipline into clearer focus, opening dialogue for physicians, clinical and health psychologists, clinical social workers, marriage and family therapists, professional counselors, nurses,

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*occupational
therapists, physical
therapists, pastoral
counselors, spiritual
directors, life coaches,
organizational
development
professionals, and
teachers and
professionals in
higher education , in
short, everyone with
an interest in helping*

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*others find their way
into the benefits of the
present moment.*

*WINNER OF BEST
BOOK (POPULAR
MEDICINE) AT THE
BRITISH MEDICAL
ASSOCIATION'S
BOOK AWARDS 2014*

*Pain, suffering and
stress can be
intolerable - but it
doesn't have to be this*

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way. Mindfulness for Health reveals a series of simple practices that you can incorporate into your daily life to relieve chronic pain and the suffering and stress of illness. Clinical trials show that mindfulness meditation can be as effective as prescription

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painkillers and also enhances the body's natural healing systems. Mindfulness can also reduce the anxiety, depression, irritability, exhaustion and insomnia that can arise from chronic pain and illness.

Mindfulness for Health is based on a unique meditation

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*programme developed
by Vidyamala Burch
to help her cope with
the severe pain of
spinal injury. Taught
at Breathworks in the
UK - and its affiliates
around the world -
this programme has
helped tens of
thousands of people
cope with pain, illness
and stress.*

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Breathworks'
pioneering approach
is praised by

*Professor Mark
Williams of Oxford
University, Jon Kabat-
Zinn and Professor
Lance McCracken of
King's College
London. The eight-
week programme at
the heart of this book
takes just 10-20*

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minutes per day. It is particularly effective for the biggest causes of pain - back problems, arthritis, migraine and diabetes but works equally well for cancer (and its associated chemotherapy), heart disease, fibromyalgia, celiac disease, lupus, chronic fatigue

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syndrome, IBS, labour pain and even tinnitus. You will be surprised by how quickly your suffering melts away, leaving you able to live life to the full again.

Appreciate your life-right here, right now. Learn how to use mindfulness every day, by listening to your

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body, becoming more aware of the present and letting go of negative thoughts. Mindfulness teacher and consultant Tessa Watt introduces simple techniques with lots of examples and exercises for newcomers to begin right away, as well as outlining deeper

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*mindfulness practice
for those who wish to
take it further. Reduce*

*anxiety and handle
your emotions more
effectively, enjoy the
moment and recover
from bad moods more
quickly, and slow
down and find your
own source of calm.
Mindfulness, the
quality of attention*

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that combines full awareness with acceptance of each moment, just as it is, is gaining broad acceptance among mental health professionals as an adjunct to treatment. Because at the heart of addiction is the fear of painful emotional states, addicts

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*compulsively seek
drugs and alcohol to
avoid or escape*

emotional pain.

*Mindfulness, on the
other hand, helps us
develop greater
acceptance and ease
with life's challenges,
as well as greater self-
compassion. Here, Dr.
Lawrence Peltz, who
has worked as an*

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*addiction psychiatrist
for nearly three
decades, draws from
his clinical experience
and on the techniques
of mindfulness-based
stress reduction
(MBSR) to explain the
fundamental dynamics
of addiction and the
stages of the recovery
process, and also
gives us specific*

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*mindfulness exercises
to support recovery.*

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*A Practical Guide to
Mindfulness-Based*

Compassionate Living

Modern Spirituality

The Art of Breathing

Samsara, Nirvana,

and Buddha Nature

A Practical Guide to

Mindful Leadership

Practical Meditation

Practical Mindfulness

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In the midst of the #MeToo era, toxic masculinity gets a lot of airtime, but rarely do we make the same space for finding solutions to this overwhelming social problem. Many men want to do and be better, but don't know how. The Mindful Masculinity

Workbook: A Practical

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Guide To Healthier
Masculinity provides
an intensive and
immersive step-by-
step self-guided,
solution-oriented tool
bag for all men. This
workbook includes
dozens of writing
prompts, meditations
and reflections written
by Rocco Kayiatos
(co-creator of Original
Plumbing Magazine)

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and a list of heavy-
hitting activists,
writers and

advocates, including:
Ashlee Marie Preston,
Dr. Chris Donaghue,
Jacob Tobia, Wade
Davis, Kirsten King,
Richie Reseda, Cleo
Stiller, Marquise
Vilson, Jamison
Green, Mike Sagun,
Trystan Reese,
Andrew Gurza,

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Jayson Moton, Martin Vitorino. If you are a man or a masculine person looking to expand your view, unpack the patriarchy or just get a better handle on identifying your feelings, this workbook is for you!

Happiness: The Mindful Way is a practical step-by-step guide to help focus

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the mind, improve performance, and be happy. This easy-to-follow, step-by-step guide is filled with infographics and questionnaires, making the road to happiness an enjoyable, personal journey. Discover how breathing techniques, body scanning, and simple meditation can

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help you be in the present moment, lessen anxiety, and distance yourself from damaging emotions. The range of methods presented makes it easy to tailor a program to fit your needs. From coping with anxiety to breaking bad habits to making a speech in front of a crowd,

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Happiness: The
Mindful Way offers
foolproof methods
and expert advice for
gaining resilience,
confidence, and
communication skills,
and becoming more
successful in the
pursuit of your goals.
Learn on-the-go
meditation techniques
to improve your
concentration and

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memory and enhance
To Finding Peace
your self-esteem,
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using this unique
visual guide. Follow
the clear, step-by-step
instructions anytime,
anywhere--at home,
on the beach, or on a
business trip. Practice
meditations sitting on
a simple, upright
chair; there's no need
to fold yourself into
uncomfortable

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positions. Explore a variety of meditation techniques, from mindfulness meditation to tai chi, to find the practices that suit you. Use the short "mini-meditations" to fit meditation into a busy lifestyle, or to sample a variety of different styles. Find out the benefits of meditation

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A Practical Guide
on your mind and
brain, examining how
it works and the

scientific evidence
behind its effects.

Whether you are new
to meditation or
looking to expand
your existing
knowledge, this
practical guide on
how to meditate
provides everything
you need to start (or

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continue) your meditative journey.
Reviews: Giovanni explores the many different ways to meditate, and also how to apply the benefits of meditation in all areas of our lives. I was blown away by how good Practical Meditation really is. A phenomenal book,

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from a deep teacher."
-Rick Hanson, Phd
and bestselling author
of Buddha's Brain
Mindfulness involves
learning to be more
aware of life as it
unfolds moment by
moment, even if these
moments bring us
difficulty, pain or
suffering. This is a
challenge we will all
face at some time in

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our lives, and which health professionals face every day in their work. The Mindfulness-Based Compassionate Living programme presents a new way of learning how to face the pressures of modern living by providing an antidote which teaches us how to cultivate kindness and

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compassion - starting with being kind to ourselves.

Compassion involves both sensitivity to our own and others' suffering and the courage to deal with it. Integrating the work of experts in the field such as Paul Gilbert, Kristin Neff, Christopher Germer and Tara Brach, Erik

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van den Brink and
Frits Koster have
established an eight
stage step-by-step
compassion training
programme,
supported by practical
exercises and free
audio downloads,
which builds on basic
mindfulness skills.
Grounded in ancient
wisdom and modern
science, they

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demonstrate how
being compassionate
shapes our minds and
brains, and benefits
our health and
relationships. The
programme will be
helpful to many,
including people with
various types of
chronic or recurring
mental health
problems, and can be
an effective means of

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coping better with low
self-esteem, self-
reproach or shame,
enabling participants
to experience more
warmth, safeness,
acceptance and
connection with
themselves and
others. Mindfulness-
Based
Compassionate Living
will be an invaluable
manual for

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mindfulness teachers,
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therapists and
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counsellors wishing to
bring the 'care' back
into healthcare, both
for their clients and
themselves. It can
also be used as a self-
help guide for
personal practice.
A Physician's No-
Nonsense Guide to
Meditation for
Beginners

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A Simple Step-by-

Step Guide

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A new training

programme to deepen

mindfulness with

heartfulness

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A Guide to Tranquil

Wisdom Insight

Meditation (T. W. I. M.
)

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You Are Not Your
Pain
In A Frantic World

Tessa Watt
*offers straight
forward
advice, case
studies, and
step-by-step
instructions
on how a
practice
centered on mo*

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*ment-by-moment
awareness can
start you down
the road to a
happier, more
focused, and
stress-free
you." -- page
[4] of cover.*
**Mindfulness
and Schema
Therapy**

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*presents an
eight-session
+ two follow
up sessions
protocol for
schema
mindfulness
for therapists
and their
patients.
Represents the
first book to*

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*integrate the
theory of
schema therapy*

with the

*techniques of
mindfulness*

Enhances

schema therapy

with

techniques

drawn from min

dfulness-based

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*cognitive
therapy (MBCT)
- a unique
integration of
two of the
most popular
treatment
approaches in
clinical
psychology
today. Merges
two of the*

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hottest topics
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in
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contemporary
clinical
psychology and
psychotherapy
Offers a
practical
guide for
training and
practice, with
detailed

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*coverage of
theory
followed by
dedicated
sections for
therapists and
patients
Features a
variety of
exercises
enabling
readers to*

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*immediately
implement the
protocol*

*Written by
authors with
expertise and
experience in
both schema
therapy and
mindfulness
Includes a
Foreword by*

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Mark Williams,
renowned for
his

contribution
to the
development of
MBCT

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Connect with
your higher
nature--a
practical
guide to
universal
spirituality A
spiritual
awakening is
taking place

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*around the
globe--and you
can be a part
of it.*

*Discover a new
expression of
faith at the
crossroads of
world
traditions
with Modern
Spirituality.*

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This inclusive guide is full of everyday applications for spiritual concepts like mindfulness, karma, and your higher nature--helping equip you on the journey to

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*a more
meaningful,
fulfilling
life. Build
your personal
practice by
tapping into
key principles
of
spirituality
while
cultivating*

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*positivity,
power, and
purpose.*

*Explore
exercises to
help you
activate the
ideas and
skills you're
learning--all
supported by
modern*

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*psychological
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and scientific
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understanding.*

*It's time to
embark down
the path of
healing and
growth. In
Modern
Spirituality,
you'll find:
Accessible spi*

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rituality--Learn

seven core

principles and

delve into

approachable

practices like

mindfulness,

yoga, and

prayer with

this easy-to-

follow guide.

Eye-opening ex

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*ercises--Discover guided
meditations,
mind-body
exercises,
journal
prompts, and
other
effective
tools for
spiritual and
psychological*

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*growth. All
are
welcome--No
matter where
you are in
your journey
of
spirituality,
or whether you
have a
religious
background,*

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*you can draw
from these
lessons and
find support.
With a blend
of proven
techniques and
traditional
principles,
Modern
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is your*

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practice.

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Book

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Workbook**
A Practical
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Healthier
Masculinity
A Practical
Introduction
to Mindfulness
and Meditation
Get Some
Headspace

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Love, compassion, and peace - these words are at the heart of all spiritual endeavors. Although we intuitively resonate with their meaning and value, for most of us, the challenge is how to embody what we know; how to transform these

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words into a vibrant, living practice. In these times of conflict and uncertainty, this transformation is far more than an abstract ideal; it is an urgent necessity. Peace in the world begins with us. This wonderfully appealing offering from one the most

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trusted elders of
Buddhism in the
West is a warm and
engaging exploration
of the ways we can
cultivate and
manifest peace as
wise and skillful
action in the world.
This charming book
is illuminated
throughout with
lively, joyous, and
sometimes even

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funny citations from
a host of
contemporary and
ancient sources -
from the poetry of
W.S. Merwin and
Galway Kinnell to the
haiku of Issa and the
great poet-monk
Ryokan, from the
luminous aspirations
of Saint Francis of
Assisi to the sage
advice of Thich Nhat

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Hanh and the Dalai
Lama.

What is meditation?

Why practice it?

Which techniques is
best? How do I do it?

The answers to these
often-asked

questions are

contained in this

down-to-earth book,

making it of

enormous value for

anyone who wishes

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to begin and
maintain a
meditation practice.

Written by a Western Buddhist nun with solid experience in both the practice and teaching of meditation, *How to Meditate* contains a wealth of practical advice on a variety of authentic techniques, from what to do with

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our minds, to how to sit, to visualizations and other traditional practices. Best of all, McDonald's approach is warm and encouraging. The next best thing to private instruction!

For overscheduled professionals looking to incorporate mindfulness into

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their daily lives, this
bestselling, step-by-
step guide draws on
contemplative
traditions, modern
neuroscience, and
leading psychology
to bring peace and
focus to the home, in
the workplace, and
beyond. Designed for
busy professionals
looking to integrate
mindfulness into

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their daily lives, this ultimate guide draws on contemplative practice, modern neuroscience, and positive psychology to bring peace and focus to the home, in the workplace, and beyond. In this enriching book, noted mindfulness expert and international teacher

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and business leader
Laurie J. Cameron - a
veteran of the Search
Inside Yourself
Leadership Institute,
a Senior Fellow at
the Center for the
Advancement of Well-
Being at George
Mason, and 20-year
mindfulness
meditation
practitioner- shows
how to seamlessly

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weave mindfulness
and compassion
practices into your
life. Timeless
teachings,
compelling science
and straightforward
exercises designed
for busy schedules --
from waking up to
joy, the morning
commute, to back-to-
back meetings and
evening dinners -

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show how
mindfulness practice
can help you
navigate life's
complexity with
mastery, clarity and
ease. Cameron's
practical wisdom and
concrete how-to
steps will help you
make the most of the
present moment,
creating a roadmap
for inner peace - and

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a life of deeper
purpose and joy.
Developed by two
authors, Vidyamala
Burch and Danny
Penman who
themselves have
struggled with
severe pain after
sustaining serious
injuries, You Are Not
Your Pain reveals a
simple eight-week
program of

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mindfulness-based
practices that will
melt away your
suffering.

Accompanied by
audio to guide you,
the eight meditations
in this book take just
ten to twenty
minutes per day and
have been shown to
be as effective as
prescription
painkillers to soothe

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some of the most common causes of pain. These mindfulness-based practices soothe the brain's pain networks, while also significantly reducing the anxiety, stress, exhaustion, irritability, and depression that often accompanies chronic pain and illness.

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Whether you experience back pain, arthritis, or migraines, are suffering from fibromyalgia, celiac disease, or undergoing chemotherapy, you will quickly learn to manage your pain and live life fully once again. Note:
Audio meditations

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are embedded within
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the ebook. If your
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device cannot play
the audio, you will be
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Educators
50 Ways to Lead a
More Mindful Life
Pen Drawing
7 Practices for
Transforming Your

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Organisation and
Your Life
A Practical Guide to
Awakening
Introducing
Mindfulness
A Guide to the Heart
of Mindfulness,
Meditation, and the
Art of Healing
***Five hundred
years ago no-one***

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***died of stress: we
have invented
this concept and
now we let it rule
us. Using
hilarious personal
anecdotes from
her experiences
in 'celebrity land'
as well as
insightful tales
from her own
battle with***

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depression, Ruby Wax introduces a scientific solution to modern problems: mindfulness.

Outrageously witty, smart and accessible, Ruby Wax shows ordinary people how and why to change for good.

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***With practical
exercises to
incorporate into
your daily life,
and a step-by-
step six-week
course based on
her studies at
Oxford
University, A
Mindfulness
Guide for
the Frazzled is the***

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**only guide you
need for a
happier, calmer
life.**

**Practical
Mindfulness
offers an easy
way of taking
control of your
life for the
better. Focusing
on simple
breathing**

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**techniques,
meditation tips
and relaxation
methods, this
unique book will
improve your
concentration
and help you
achieve success.
An innovative
Q&A approach
ensures that the
process is**

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*personalised to
you, enabling you
to identify
negative patterns
of thinking and
challenge them
using well-
respected
exercises.
Providing expert
clarity through
step-by-step
guidance and*

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***visual pointers,
the subject
material is
brought to life.
The targeted
exercises will
help you boost
your self-esteem,
build better
relationships,
learn more
effectively and
distance yourself***

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from damaging emotions using real-life scenarios. Practical Mindfulness is a life-changing programme that will teach you to relax, give you the self-confidence to succeed and rid

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***you of the
anxiety that
holds you back.***

***The mind
contains the
seeds of its own
awakening—seed
s that we can
cultivate to bring
forth the fruits of
a life lived
consciously. With
Mindfulness,***

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Joseph Goldstein
shares the
wisdom of his
four decades of
teaching and
practice in a book
that will serve as
a lifelong
companion for
anyone
committed to
mindful living
and the

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***realization of
inner freedom.
Goldstein's
source teaching
is the
Satipatthana
Sutta, the
Buddha's
legendary
discourse on the
four foundations
of mindfulness
that became the***

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***basis for the
many types of
Vipassana (or
insight
meditation)
found today.
Exquisite in detail
yet wholly
accessible and
relevant for the
modern student,
Mindfulness
takes us through***

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***a profound study
of: Ardency, clear
knowing,
mindfulness, and
concentration—h
ow to develop
these four
qualities of mind
essential for
walking the path
wisely The
Satipatthana
refrain—how***

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***deeply
contemplating
the four
foundations of
mindfulness
opens us to bare
knowing and
continuity of
mindfulness
Mindfulness of
the body,
including the
breath, postures,***

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**activities, and
physical
characteristics
Mindfulness of
feelings—how the
experience of our
sense
perceptions
influences our
inner and outer
worlds
Mindfulness of
mind—learning to**

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**recognize skillful
and unskillful
states of mind
and thought
Mindfulness of
dhammas (or
categories of
experience),
including the Five
Hindrances, the
Six Sense
Spheres, the
Seven Factors of**

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***"There is a
wealth of
meaning and
nuance in the
experience of
mindfulness that
can enrich our
lives in
unimagined
ways," writes
Goldstein. In***

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***Mindfulness you
have the tools to
mine these riches
for yourself.
This modern
classic on
Buddhist
meditation will
help you further
your practice and
understanding of
foundational
Buddhist***

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**teachings This
modern spiritual
classic,
presented as a
thirty-day
meditation
retreat taught by
Joseph Goldstein,
offers timeless
practical
instructions and
real-world advice
for practicing me**

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itation—whether walking or sitting in formal practice or engaging in everyday life.

Goldstein—a beloved and respected meditation teacher who studied for many years under the guidance of

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eminent Buddhist teachers from India, Tibet, and Burma—uses the retreat format to explain various basic Buddhist teachings including karma, selflessness, and the four noble truths, while also drawing

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***connections to
many different
spiritual
traditions. Full of
clear and
practical
instruction, The
Experience of
Insight is the
perfect
companion for
both experienced
practitioners and***

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***those looking to
get into
meditation for
the first time.***

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for Mindfulness

Teachers, Yoga

Teachers and

Allied Health

Professionals

A Practical Guide

to Making

Friends with Your

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***Mind
Using
Mindfulness to
Relieve Pain,
Reduce Stress,
and Restore Well-
Being---An Eight-
Week Program
Mindfulness for
Beginners
A Practical Guide
to Mindful
Meditation***

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***An Eight-Week
Plan for Finding
Peace in a Frantic
World
A Heart Full of
Peace***

The ultimate guide
to becoming an
extraordinary leader
– while finding
happiness, gaining
authenticity, and
banishing stress

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Integrating proven
mindfulness
practices and world-
class leadership
theory, The Mindful
Leader is the
essential guide for
self-aware
leadership. The
book simplifies
mindfulness
principles and links
them solidly to

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business benefits. It provides a practically-grounded template for leaders to develop unprecedented levels of self awareness, wellbeing and effectiveness. Research findings throughout the book detail the positive

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impact of
mindfulness from
the perspectives of
brain science,
psychology and
leadership.

International case
studies from a
variety of industries
illustrate the
everyday
implementation of
mindful leadership.

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You'll learn easy mindfulness practices that you can implement today and a practical framework for everyday mindful leadership. You'll also be given access to online resources for vision reflections, values clarification,

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mindfulness

practices and more.

Mindful leadership is

a hot topic – but it's

not as simple as

"when you become

mindful, great

leadership will

spontaneously

happen." This book

serves as both

mindfulness training

and leadership

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training, clarifying the parallel while guiding you through the many points of intersection.

Improve your leadership skills via context-specific mindfulness practices Learn mindfulness from a practical perspective, with

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real workplace skills
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Discover how
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leaders from around
the world practice
mindful leadership
every day
Understand the
neuroscience link
between
mindfulness and
great leadership
Learn practices that
deliver a deeper

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sense of integrity,
authenticity,
fulfillment and
bottom-line results
improvement
Mindfulness
provides real,
practical tools for
self-awareness,
mental wellbeing,
stress reduction and
more. When
practiced through a

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leadership lens, it becomes much more than just another leadership guide. Mindfulness transforms leadership as a whole, delivering real, lasting change that transcends typical leadership training. For a clear, concise framework

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of mindfulness at
work, The Mindful
Leader is the ideal

guide for those
serious about
effective,
sustainable
leadership.

Michael Bunting has
been teaching
mindfulness to
executive leaders
and business

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people for more than 16 years.

During that time he has learnt to teach this subject to a rushed and cynical audience who need both a simplified and sophisticated approach to the subject. This book has been requested by his multinational

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clients for over a decade.

'If you're thinking about trying mindfulness, this is the perfect introduction....I'm grateful to Andy for helping me on this journey.' BILL

GATES 'It's kind of genius' EMMA

WATSON Feeling

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stressed about Christmas/Brexit/everthing? Try this...

Demystifying
meditation for the
modern world: an
accessible and
practical route to
improved health,
happiness and well
being, in as little as
10 minutes. Andy
Puddicombe,

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founder of the celebrated Headspace, is on a mission: to get people to take 10 minutes out of their day to sit in the now. Here he shares his simple to learn, but highly effective techniques of meditation. * Rest an anxious, busy

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mind * Find greater
ease when faced
with difficult

emotions, thoughts,
circumstances *

Improve focus and
concentration *

Sleep better *

Achieve new levels
of calm and

fulfilment. The

benefits of

mindfulness and

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meditation are well
documented and
here Andy brings
this ancient practice
into the modern
world, tailor made
for the most time
starved among us.
First published as
Get Some
Headspace, this
reissue shows you
how just 10 minutes

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of meditation per day
can bring about life
changing results.

THE LIFE-
CHANGING
BESTSELLER -
OVER 1.5 MILLION
COPIES SOLD 'A
deeply
compassionate
guide to self-care -
simple and
profound' Sir

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Kenneth Branagh 'If
you want to free
yourself from
anxiety and stress,
and feel truly at
ease with yourself,
then read this book'

Ruby Wax

Authoritative,
beautifully written
and much-loved by
its readers,

Mindfulness: A

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practical guide to finding peace in a frantic world has become a word-of-mouth bestseller and global phenomenon. It reveals a set of simple yet powerful practices that you can incorporate into daily life to break the cycle of anxiety,

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stress unhappiness and exhaustion. It promotes the kind of happiness that gets into your bones and allows you to meet the worst that life throws at you with new courage.

Mindfulness is based on mindfulness-based cognitive therapy

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(MBCT). Co-developed by Professor Mark Williams of Oxford University, MBCT is recommended by the UK's National Institute for Health and Care Excellence and is as effective as drugs for preventing depression. But,

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equally, it works for the rest of us who aren't depressed but who are struggling to keep up with the relentless demands of the modern world. By investing just a few minutes each day, this classic guide to mindfulness will put you back in control

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of your life once
again.
The Mindful Day

Be Present in this
Moment

Presence of Mind
A Practical Guide to
Mindfulness

How to Meditate
Finding the Space
to Lead

A Practical Guide to
Relieving Pain,

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Reducing Stress
and Restoring
Wellbeing
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The Mindfulness
Book returns to the
original core ideas
behind the practice of
mindfulness and
provides a concise
practical interpretation
in the light of
contemporary
psychology's best

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insights about how it works and how to practice it. Part one lays the foundation by describing the essential building blocks of mindfulness: what it is, how it works and, most importantly, what it delivers. Part two explores the relationship of

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mindfulness to
cognitive psychology
and in particular

examines practical
psychological
strategies for using
mindfulness to
develop greater self-
awareness and
conscious control over
both your state of
mind and behavior.

Part three explores

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four powerful applications of mindfulness and Part four considers the challenges of living mindfully including managing stress and work. To help you develop your mindfulness practice, each chapter provides practical takeaways and guided audio files.

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Whatever your goal;
creating a more
peaceful and focused
mind, enjoying greater
wellbeing,
establishing more
meaningful
relationships,
fulfilling your career
ambitions or creating
a more balanced
lifestyle, The
Mindfulness Book

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provides you with
time-proven insights
and practical
strategies for living a
more peaceful,
productive and
creative life. LID
Publishing's popular
Concise Advice Lab
notebooks are
designed to be quick
and comprehensive
brainstorming tools

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for busy professionals.
The small trim size
makes it easy to take
along in a briefcase or
purse. Interior pages
are matte finish, so ink
won't smear, and
there's plenty of space
to jot notes. A ribbon
makes it easy to mark
your place, and the
elastic outer band
keeps the notebook

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closed.

Practical and
informative, this
hands-on manual
clearly depicts the
relationship between
mindfulness and
compassion,
demonstrating how
one supports the other.
The book offers a
fresh perspective on
mindfulness that

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resonates with a
human approach and
helps practitioners to
validate their work by
giving a sense of
grounding and
direction, and
providing a safe,
appropriate and
transformative process
in which to conduct
inquiry. Including
chapters on the

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meaning of
Compassionate
Mindful Inquiry and
the Model of Inquiry,
Atkinson facilitates
transformational
change and offers
guidance for those
incorporating
mindfulness teaching
into their own
professional practice.
More and more people

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are beginning to recognize a profound inner longing for authenticity, connection, compassion, and aliveness. Meditation, Pema explains, gives us a golden key to address this yearning. This comprehensive guide shows readers how to honestly meet

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and openly relate with the mind to embrace the fullness of our experience as we discover: • The basics of meditation, from getting settled and the six points of posture to working with your breath and cultivating an attitude of unconditional friendliness •

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Gentleness, patience
and humor – three
ingredients for a well-
balanced practice •
Shamatha (or calm
abiding), the art of
stabilizing the mind to
remain present with
whatever arises •
Thoughts and
emotions as “sheer
delight” – instead of
obstacles-in

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meditation Here is a
indispensable book
from the meditation
teacher who remains a
first choice for
students the world
over. Ani Pema
Chödrön is an
American-born
Tibetan Buddhist nun
and best selling
author. She taught as
an elementary school

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teacher for many years
To Finding Peace
in both New Mexico
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and California. Pema
has two children and
three grandchildren.
Mindfulness is
growing in popularity
as a technique which
teaches us to
appreciate our life.
This Practical Guide
explores how to listen
to your body to reduce

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stress and anxiety in all areas of your life; how to focus better at work by becoming more aware of what is happening in the present, and how to enjoy life more by bringing mindfulness into everyday actions. Teaching Mindfulness Mindfulness and Character Strengths

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Attaining Nibbana
To Finding Peace
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Buddhist Teachings
with 'Mindfulness' of
Lovingkindness'
A step-by-step guide
Happiness the
Mindful Way
Compassionate
Mindful Inquiry in
Therapeutic Practice

Mindfulness is the
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popular practice that helps you to appreciate your life, and to live with more joy and less stress. By bringing mindfulness into everyday actions – by listening to your body, becoming more aware of what's happening in the present moment

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*and letting go of
negativity – you can
reduce stress and
anxiety, focus better
at work, find your
own source of calm
and discover
genuine
contentment.*

*Mindfulness
introduces you to
new techniques with
straightforward*

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advice, case studies and lots of practical exercises for newcomers to get their teeth into right away. It also gives a sense of the depth of mindfulness practice for those who wish to take it further.

*Samsara, Nirvana,
and Buddha Nature*

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takes up centrally important premises of Buddhism: the unsatisfactoriness (duhkha) of cyclic existence (samsara), the determination to be free of cyclic existence, and the mind as the basis for both the extreme duhkha of samsara

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and the bliss of nirvana. This volume shows us how to purify our minds and cultivate awakened qualities. Knowledge of buddha nature reveals and reconciles the paradox of how the mind can be the basis for both the extreme dukkha of

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samsara (the unpurified mind) and the bliss and fulfillment of nirvana (the purified mind).

To illustrate this, Samsara, Nirvana, and Buddha Nature first takes readers through Buddhist thought on the self, the Four Noble Truths, and their

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*sixteen attributes.
Then, the Dalai
Lama explains
afflictions, their
arising and
antidotes, followed
by an examination of
karma and cyclic
existence and,
finally, a deep and
thorough elucidation
of buddha nature.*

This is the third

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*volume in the Dalai
Lama's definitive
and comprehensive
series on the stages
of the Buddhist path,
The Library of
Wisdom and
Compassion.
Volume 1,
Approaching the
Buddhist Path,
contained
introductory material*

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that sets the context for Buddhist practice. Volume 2, The Foundation of Buddhist Practice, describes the important teachings that help us establish a flourishing Dharma practice. Samsara, Nirvana, and Buddha Nature can

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*be read as the
logical next step in
this series or
enjoyed on its own.
In this booklet are
the instructions for
Metta or
Lovingkindness, as
part of the 'Practice
of the Brahma
Viharas' - we now
call Tranquil
Wisdom Insight*

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*Meditation -
T.W.I.M. It is based
on the earliest
Buddhist suttas and
leads to the
supreme goal of
Awakening
(Nibbana), even in
this lifetime. This
booklet gives the
preliminary
instructions for the
practice of Metta*

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and how to handle hindrances. Also included are some of the benefits and eventual goals of the practice. Everything is here in detail to get the meditator on his way to experiencing awakening in this very life. For more than 40 years

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Bhante Vimalaramsi researched and practiced many methods without finding any real satisfaction. He went back to the earliest Buddhist teachings using the Majjhima Nikaya and found what he was seeking. He found a step that had been

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left out! Bhante's method of "The 6Rs," is the key to the step he found. This is the path to the cessation of craving and the elimination of Ignorance. Bhante Vimalaramsi has been a monk since 1986 and practiced with many of the

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*major Buddhist
teachers in Asia. He
now teaches all over
the world and is the
abbot of the
Dhamma Sukha
Meditation Center
near St. Louis, Mo,
USA. He is the US
representative to the
World Buddhist
Summit.*

THE LIFE-

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**CHANGING
BESTSELLER.
MINDFULNESS**

*reveals a set of
simple yet powerful
practices that can
be incorporated into
daily life to help
break the cycle of
unhappiness, stress,
anxiety and mental
exhaustion and
promote genuine*

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joie de vivre. It's the kind of happiness that gets into your bones. It seeps into everything you do and helps you meet the worst that life can throw at you with new courage. The book is based on Mindfulness-Based Cognitive Therapy (MBCT).

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MBCT revolves around a straightforward form of mindfulness meditation which takes just a few minutes a day for the full benefits to be revealed. MBCT has been clinically proven to be at least as effective as drugs for depression and it

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is recommended by the UK's National Institute of Clinical Excellence - in other words, it works.

More importantly it also works for people who are not depressed but who are struggling to keep up with the constant demands of the modern world.

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MINDFULNESS
focuses on promoting joy and peace rather than banishing unhappiness. It's precisely focused to help ordinary people boost their happiness and confidence levels whilst also reducing anxiety, stress and

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irritability.

Living with Heart

Mindfulness-Based

Compassionate

Living

The Mindful Path to

Addiction Recovery

Mindfulness and

Schema Therapy

Your step-by-step

guide to a happier

life

The Secret to Living

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*Mindfully
Practical Ways to
Find Focus, Calm,
and Joy From*

Morning to Evening

International

bestselling author

Dr. Danny Penman

provides a concise

guide to letting go,

finding peace, and

practicing

mindfulness in a

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messy world, simply by taking the time to breathe. With these simple exercises he teaches you how to dissolve anxiety, stress, and unhappiness, enhance your mind, and unleash your creativity. You will start to smile more, worry less, and with

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each little moment of mindfulness, discover a happier, calmer you. It really is as easy as breathing. All you need is a chair, a body, some air, and your mind. That's it!

A Practical Guide to Mindfulness-Based Compassionate Living: Living with

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Heart is a step-by-step guide for those who wish to deepen their mindfulness skills with compassion for a healthier, happier life and more fulfilling relationships. It offers a clear structure as well as ample freedom to

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adjust to individual needs, starting with learning to be kind to yourself and then expanding this to learn how to be kind to others. This guide consists of eight chapters that follow the eight sessions of the mindfulness-based compassionate

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living training programme. To enhance the learning experience, this book features accessible transcripts and downloadable audio exercises, as well as worksheets to explore experiences during exercises. It also includes

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suggestions for
deepening practice
at the end of each
session. A Practical
Guide to
Mindfulness-Based
Compassionate
Living explores the
science of
compassion in an
easy-to-understand
and comprehensive
manner, one which

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will appeal to both
trained
professionals and
clients, or anyone
wishing to deepen
their mindfulness
practice with
'heartfulness'.

Learn Calmness,
Contentment, and
Coping Skills
Practical
Mindfulness is the

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one book I recommend to my patients, even when they don't believe they want to start meditating." ?Lisa Goldstein, MD?Child and Adolescent Psychiatrist Master the nuts and bolts of meditation, without the crystals and granola. This book

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is a no-nonsense,
no-incense training
guide to the life-
changing benefits of
mindfulness.

Training exercises
that work. Practical
Mindfulness
approaches
mindfulness and
meditation from a
hands-on, how-to,
irreverent perspectiv

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e—appealing directly to smart readers curious about meditation. By applying Dr. Sazima's training routines, learn to spend more time in real engagement with the world. Cultivate a deeper appreciation of experiences, from

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the everyday to the extraordinary, and live your life more fully, wisely, and joyfully. A practical approach to finding “home.” We all search for that safe, comfortable feeling of peace of mind—our inner “home.” When we face challenges—eco

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conomic crisis or a life-threatening health problem—we can realize with blinding clarity there is no sustainable outside solution. Those without a more developed interior awareness can suffer stress, anxiety, and depression. Our real

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home, a place we can always return to no matter what, is actually inside of us. We're practically there. Meditation training from an expert. Dr. Sazima is a board-certified psychiatrist, educator of family doctors-in-training at Stanford's Family

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Medicine
Residency, and
experience
meditator and
meditation teacher.
He is also a survivor
of a rare bone
cancer who used
the powerful
practice of
meditation to
navigate his medical
crisis. Now, he is on

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a “pay it forward” mission to help us gain a practical understanding and mastery of mindful awareness, and to show us why and how meditation works. Readers of books such as 10% Happier; The Untethered Soul; Wherever You Go,

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A Practical Guide
There You Are; or
To Finding Peace
Buddha's Brain, will
love Practical

Mindfulness.

The life-changing
international
bestseller reveals a
set of simple yet
powerful
mindfulness
practices that you
can incorporate into
daily life to help

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To Finding Peace
In A Frantic World
break the cycle of
anxiety, stress,
unhappiness, and
exhaustion.

Mindfulness
promotes the kind of
happiness and
peace that gets into
your bones. It seeps
into everything you
do and helps you
meet the worst that
life throws at you

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with new courage.
To Finding Peace
Based on
In A Frantic World
Mindfulness-Based
Cognitive Therapy
(MBCT), the book
revolves around a
straightforward form
of mindfulness
meditation which
takes just a few
minutes a day for
the full benefits to
be revealed. MBCT

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has been clinically
proven to be at least
as effective as
drugs for depression
and is widely
recommended by
US physicians and
the UK's National
Institute for Health
and Clinical
Excellence—in other
words, it works.
More importantly it

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also works for people who are not depressed but who are struggling to keep up with the constant demands of the modern world.

MBCT was developed by the book's author, Oxford professor Mark Williams, and his colleagues at the

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Universities of
Cambridge and
Toronto. By
investing just 10 to
20 minutes each
day, you can learn
the simple
mindfulness
meditations at the
heart of MBCT and
fully reap their
benefits. The book
includes links to

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audio meditations to
To Finding Peace
help guide you
In A Frantic World
through the process.
You'll be surprised
by how quickly
these techniques
will have you
enjoying life again.
A Simple and Direct
Guide to Buddhist
Meditation
An Illustrated
Treatise

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Mindfulness for
Health
The Experience of
Insight
The Mindful Leader
A Practical Guide to
Regaining Control
over Your Life
Looking for the

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latest research and
practices on
character strengths
and mindfulness?

Curious about how
character strengths
can supercharge
your mindfulness
practice? Or how
mindfulness can
help you deploy
your best qualities?

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Look no further – the answers are in this book! At the core of this hands-on resource for psychologists and other practitioners, including educators, coaches, and consultants, is Mindfulness-Based

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Strengths Practice
(MBSP), the first
structured program

to combine
mindfulness with
the character
strengths laid out in
the VIA Institute's
classification
developed by Drs.
Martin E. P.
Seligman and

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Christopher Peterson. This 8-session program systematically boosts awareness and application of character strengths, helping people flourish and lead more fulfilling lives. The author's vast experience

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working with both
mindfulness and
character strengths
is revealed in his
sensitive and clear
presentation of the
conceptual,
practical, and
scientific elements
of this unique
combined
approach. It is not

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only those who are new to mindfulness or to character strengths who will appreciate the detailed primers on these topics in the first section of the book. And the deep discussions about the integration of mindfulness and

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character strengths
in the second
section will benefit
not just
intermediate and
advanced
practitioners. The
third section then
leads readers step-
by-step through
each of the 8
MBSP sessions,

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including details of session structure and content, suggested homework, 30 practical handouts, as well as inspiring quotes and stories and useful practitioner tips. An additional chapter discusses the

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adaption of MBSP
to different settings
and populations

(e.g., business,

education,

individuals,

couples). The

mindfulness and

character strengths

meditations on the

accompanying CD

support growth and

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development. This highly accessible book, while primarily conceived for psychologists, educators, coaches, and consultants, is suitable for anyone who is interested in living a flourishing life.

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The complexity and relentless pace of our world places exceptional demands on leaders today.

They work incredibly hard and yet feel that they are not meeting their own expectations of

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excellence. They feel disconnected from their own values and overburdened. By the thousands, they seek out books on leadership skills, time management, and “getting things done,” but the techniques these

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volumes offer,
useful as they are,
don't often don't
speak to the
leader's
fundamental sense
that something is
missing. Janice
Marturano, a senior
executive with
decades of
experience in

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Fortune 500

corporations,

explains how

Mindful Leadership

training integrates

the practice of min

dfulness-meditation

and self-awareness-

with the practical

tools of

management,

enabling leaders to

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bring a wider range
of their capacities
to the challenges at

hand. We already
know from

scientific research
that mindfulness

practices enhance
mental health and

improve clarity and
focus. FINDING

THE SPACE

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shows how this training has specific value for leaders. This is not a new “leadership system” to add to the burden of already overworked people. It brings the concepts of mindfulness into

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the everyday life of anyone in a leadership role, through specific exercises that address practical issues-the calendar, schedule, phone usage, meetings, to-do list, and strategic planning, as well as

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interpersonal challenges such as listening and working with difficult colleagues. Leaders who have experienced mindfulness training report that it provides a “transformative experience” with

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significant
improvements in
innovation, self-
awareness,
listening, and
making better
decisions. In
FINDING THE
SPACE TO LEAD,
Marturano
masterfully lays out
her proven

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techniques for
promoting
mindfulness in the
busy executive's
working life.