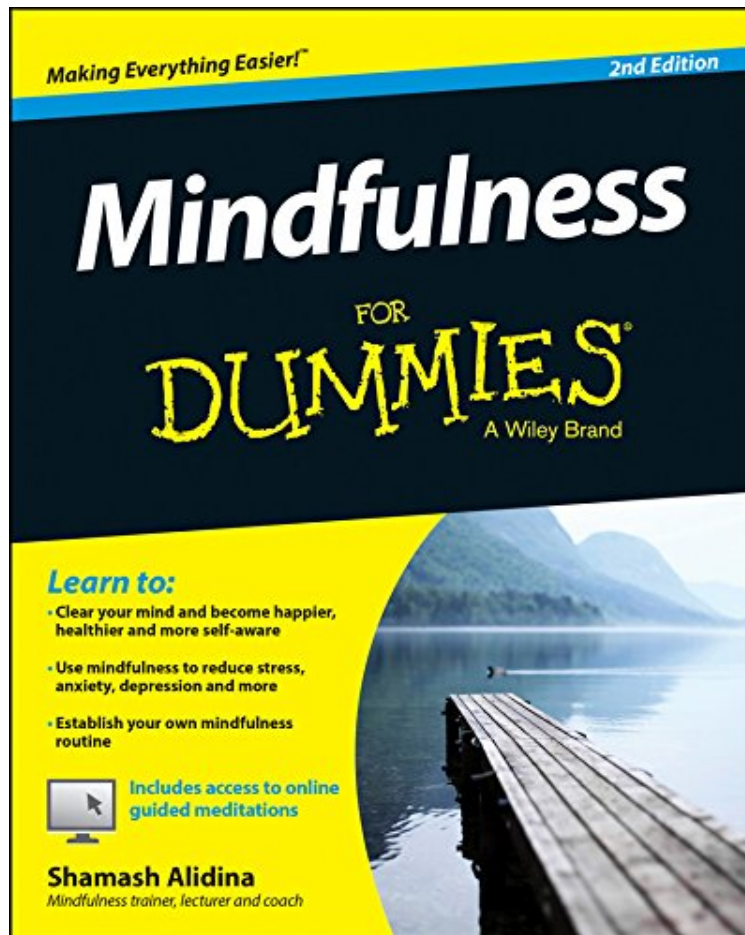


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# Mindfulness For Dummies

Von Shamash Alidina

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**Von Shamash Alidina : Mindfulness For Dummies** before purchasing it in order to gage whether or not it would be worth my time, and all praised Mindfulness For Dummies:

KundenrezensionenHilfreichste Kundenrezensionen1 von 1 Kunden fanden die folgende Rezension hilfreich. HilfreichVon JCEin sehr hilfreiches Buch um sich und seine Gefhle, den Krper und die Gedanken besser kennen zu lernen und zu akzeptieren. Nach dem Motto: be curious, accept and don't judge

KurzbeschreibungUse mindfulness to relax and control anxiety, depression, stress and pain Whether you're looking to control your depression and anxiety levels, improve concentration and reduce stress, or just want to restore balance in your life, Mindfulness For Dummies, 2nd Edition shows you how to slow down, become aware of what is going on around you and react effectively. Focusing on breathing and other self-control techniques, the practice of mindfulness

is scientifically proven to calm jittery nerves and free the mind of distracting thoughts, mental clutter and unrealistic expectations. With this easy-to-follow guide, you'll discover how to pay attention to the present in order to change the way you think, feel and act. Covering the latest research on the effect of mindfulness on the brain, Mindfulness For Dummies, 2nd Edition shows you how to break free from a downward spiral of negative thought and action, and empowers you to make positive choices that support your well-being. Use mindfulness to reduce stress and anxiety, combat pain and more Receive guidance on incorporating mindfulness into everyday life Establish your own mindfulness routine Access audio downloads of guided meditations Written by a professional mindfulness trainer, and packed with tips to incorporate this practice into your daily life, Mindfulness For Dummies, 2nd Edition shows you how to reap the benefits of a more attentive life.Pressestimmen"I really suggest reading this book. It's a brilliant guide about to how to be mindful in your daily life" (Your Fitness, January 2015)KurzbeschreibungUse mindfulness to relax and control anxiety, depression, stress and pain Whether you're looking to control your depression and anxiety levels, improve concentration and reduce stress, or just want to restore balance in your life, Mindfulness For Dummies, 2nd Edition shows you how to slow down, become aware of what is going on around you and react effectively. Focusing on breathing and other self-control techniques, the practice of mindfulness is scientifically proven to calm jittery nerves and free the mind of distracting thoughts, mental clutter and unrealistic expectations. With this easy-to-follow guide, you'll discover how to pay attention to the present in order to change the way you think, feel and act. Covering the latest research on the effect of mindfulness on the brain, Mindfulness For Dummies, 2nd Edition shows you how to break free from a downward spiral of negative thought and action, and empowers you to make positive choices that support your well-being. Use mindfulness to reduce stress and anxiety, combat pain and more Receive guidance on incorporating mindfulness into everyday life Establish your own mindfulness routine Access audio downloads of guided meditations Written by a professional mindfulness trainer, and packed with tips to incorporate this practice into your daily life, Mindfulness For Dummies, 2nd Edition shows you how to reap the benefits of a more attentive life.