



Mindfulness Made Easy: 50 Simple Practices to Reduce Stress, Create Calm, and Live in the Moment - At Home, Work and School (Paperback)

By Maureen F Fitzgerald Phd

Centerpoint Media, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. ARE YOU FRAZZLED AND STRESSED? Join the millions of others benefitting from this scientifically proven method for calming your thoughts and emotions while living fully in the present moment. Mindfulness Made Easy is a collection of best practices based on the work of experts such as Jon Kabat-Zinn, Pema Chödrön, and Daniel Siegel. A great introduction to mindfulness, it includes easy tools to reduce stress and create calm including how to: calm your monkey mind ; relax by breathing deeply; eat mindfully; meditate without sitting on a pillow; scan your body and release tension. Select one each day or practice with others, share them with your friends and family, use them in the classroom or keep them in your office desk. As Fitzgerald says, When people pay attention to their body, their thoughts and their emotions, they wake up to a totally new way of understanding themselves and begin interacting with the world in amazingly positive ways. PRAISE FOR THIS BOOK This is a truly wonderful set of exercises for developing mindfulness. I am very impressed with your ability to bring together so many...



READ ONLINE
[4.06 MB]

Reviews

This book is really gripping and fascinating. I really could comprehend almost everything using this published e book. I am just very easily can get a delight of reading a published publication.

-- **Kailey Pacocha**

It is simple in study easier to comprehend. It is one of the most awesome ebook i have read through. You wont truly feel monotony at at any moment of your respective time (that's what catalogs are for concerning in the event you question me).

-- **Clint Sporer**

Relevant Books



Homeschool Your Child for Free: More Than 1,400 Smart, Effective, and Practical Resources for Educating Your Family at Home

Random House USA Inc, United States, 2009. Paperback. Book Condition: New. 2nd. 229 x 185 mm. Language: English . Brand New Book. Provide a solid education at home without breaking the bank. Introduced in 2000, Homeschool Your Child for Free gave countless...



THE Key to My Children Series: Evan s Eyebrows Say Yes

AUTHORHOUSE, United States, 2006. Paperback. Book Condition: New. 274 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.THE KEY TO MY CHILDREN SERIES: EVAN S EYEBROWS SAY YES is about a three year old little boy who...



The Well-Trained Mind: A Guide to Classical Education at Home (Hardback)

WW Norton Co, United States, 2016. Hardback. Book Condition: New. 4th Revised edition. 244 x 165 mm. Language: English . Brand New Book. The Well-Trained Mind will instruct you, step by step, on how to give your child an academically rigorous, comprehensive...



Weebies Family Halloween Night English Language: English Language British Full Colour

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Children s Weebies Family Halloween Night Book 20 starts to teach Pre-School and Junior Children how to read with this...



At-Home Tutor Language, Grade 2

Evan-Moor Educational Publishers. Paperback. Book Condition: New. Paperback. 96 pages. Dimensions: 10.7in. x 8.2in. x 0.3in. Developed by teachers, this curriculum-based series provides practice of important math and reading skills-ideal for providing additional practice at home. The colorful and engaging activities motivate children...



Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large

Madelyn DR Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. This book is about my cousin, Billy a guy who taught me a lot over the years and who can teach you a lot. Everyone who...