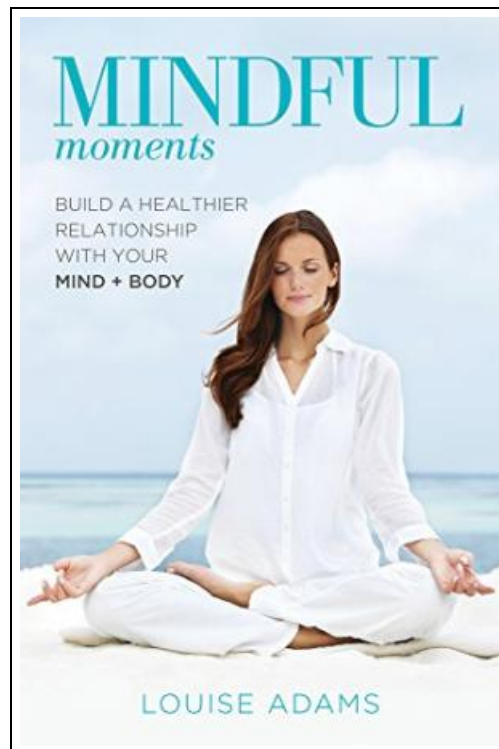


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MINDFUL MOMENTS: BUILD A HEATHIER RELATIONSHIP WITH YOUR MIND + BODY (PAPERBACK)



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Wilkinson Publishing, Australia, 2018. Paperback. Condition: New. Reprint. Language: English . Brand New Book. In Mindful Moments, Louise Adams shows you how compassion can help transform your life and help you build a better relationship with your mind and body. Complete with a 30-day plan to help supercharge your life, learn how to set new goals and live your best life possible. Practice gratitude, mindfulness and meditation while identifying your values and learning how to use them. Most books focus on `surface level mindfulness and basic skills: breathing exercises, being present, seeing things as they are, and acceptance. What many books don t address, however, is what to do once you ve noticed things about yourself that perhaps you don t like. Awareness of the present moment is a tremendously important fi rst step in developing mindfulness skills, but it is only a fi rst step. Once people have achieved mindful awareness, then what? Mindful Moments is your guide to delving deep into mindfulness and creating a life you love. ABOUT THE AUTHOR Louise is the founder of Treat Yourself Well Sydney (formerly Self Essentials), creator of Treat Yourself Well online, and co-author of The Non-Diet Approach Handbook for Psychologists and Counsellors (with Fiona Willer, APD). Louise is a Clinical Psychologist, a Member of the Australian Psychological Society (APS), a member of the Clinical College of the APS, and a proud member of the Association for Size Diversity Health (ASDAH). August 2017 bli ti D t A 201.



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