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By

Michelle McClellan

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Mindfulness Trainer

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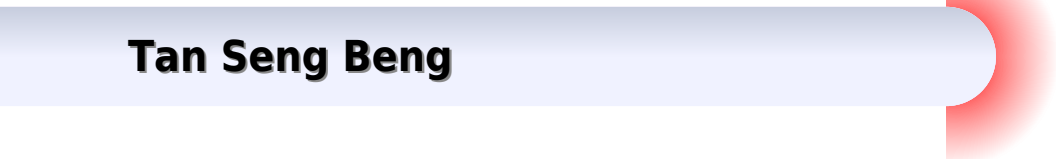


A simple guide to start your mindfulness journey...

Mindfulness Meditation For Beginners

Ebook Mindfulness Meditation

Tan Seng Beng



Ebook Mindfulness Meditation:

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[Meditation And Mindfulness](#) Daniel Emotion, 2019-09-18 If you have a problem understanding your inner self and getting along with others then this is the best book for you Did you know that when you meditate your inner spirit becomes contagious and you can enjoy better relationships and more Do you respond positively to any of the following You are suffering from mental pain and anxiety and you don't know what is causing it You are experiencing stressful situations that are making it hard for you to enjoy your life You cannot connect to other people and most of the time you find yourself staring blankly at them You even have no idea what they are saying most of the time You cannot focus on anything that you put your mind to do the mind constantly strays off to other things that aren't vital to that moment You have a chattering voice in your head that just cannot leave you alone You feel like you need to give the voice a little break You aren't aware of your actions as well as your thoughts and you are always regretting some actions and decisions that you take Your thoughts are always on a roll and you don't have the capacity to determine what thoughts are true and what are bollocks You have very little control over your emotions and you cannot express them freely most of the time You find it hard dealing with adverse situations that require you to think everything over You wish to slow down the pace of your life When you are going through this you need to have a solution and this solution comes in the book *What You Expect from the Book* Understand what meditation is and what it means to meditate Understand the benefits of meditation and mindfulness How it works and why it is so vital The different types of meditation techniques that will get you to the goals you are after You won't just learn about one or two meditation techniques but a total of 11 way more than what the other books on the market give you Each method is detailed with examples You read about meditation in practice right from walking meditation to mindfulness meditation and how they apply to tension headaches sleep negative attitudes and muscle relaxation We look at the various group meditation techniques and how you can benefit from them We also look at meditation

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EBOOK: A Beginner's Guide to Mindfulness: Live in the Moment Ernst Bohlmeijer, Monique Hulsbergen, 2013-05-16 While the concept of living in the moment seems simple the reality is often entirely different as our minds chatter and fret and rarely stand still Fortunately Ernst Bohlmeijer and Monique Hulsbergen have written a clear and reassuring guide to mindfulness and ACT with illuminating exercises and a wealth of information about how our minds work But more than this it s also a guide to living a more contented life as the reader is encouraged to search out and live a life guided by their most deeply held values It s an uplifting read Rebecca Alexander executive coach The Coaching Studio and Contributing Editor Psychologies Ernst and Monique have written a wonderful self help guide Full of interesting anecdotes helpful case studies and useful techniques this is a book which teaches us how to lead a more fulfilled life Dr Rick Norris Consultant Psychologist and author of Think Yourself Happy the simple 6 stage programme to change your life from within Life is not easy There are times when we are full of gloom doubt fear bitter disappointment or insecurity This practical book will help you to experience greater freedom and quality in your life and teach you how to cope with stressful situations Combining mindfulness and Acceptance and Commitment Therapy ACT exercises in an accessible 9 week programme Bohlmeijer and Hulsbergen show you how to observe your thoughts without judgement and connect with the here and now in your life By spending a few minutes a day you will discover what really matters to you in life and learn to base your day to day actions on your values Learn how to live in the moment with this step by step guide to mindfulness and walk away from fighting difficult emotions You will find peace and greater joy as well as reduced anxiety and stress With illustrations by Helen van Vliet Mindfulness is a form of meditation that originated in Buddhist practice A recent development is Mindfulness Based Stress Reduction or MBSR which is now being used successfully in treating a range of clinical conditions including the relief of stress and anxiety in cancer The new book A Beginner s Guide to Mindfulness by Ernst Bohlmeijer and Monique Hulsbergen is a most valuable addition to the literature It is written with authority by two distinguished and experienced psychologists and contains a wealth of information written in easily understood English The book also contains useful exercises for people to work through I recommend this book highly especially to anyone trying to help themselves deal with physical or psychological illness Professor Jane Plant Imperial College London UK and author of international bestseller Your Life in Your Hands Being a human being includes difficulties The authors take this simple fact of life blend their personal experiences a model of mindfulness scientific evidence and a bit of humour From this they create a book of wisdom inspiration and practical steps for living Lance M McCracken Professor of

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Mini-Mindfulness Meditation Tan Seng Beng, 2012-04-02 **Mindfulness Meditation for Beginners** Dawn Mauricio, 2020-08-04 Find the path to peace and acceptance through mindful meditation for beginners Meditation is a way to calm your mind and strengthen your concentration and awareness When coupled with mindfulness the concept of being present in the moment they're a powerful combination for healing Mindfulness Meditation for Beginners is a perfect first step to understanding the principles of mindfulness and meditation to build your daily practice from the ground up From simple breathing techniques to visualization exercises this comprehensive guide to mindful meditation for beginners delivers everything you need to get started including a brief introduction to mindfulness meditation practices that build in skill level and tips on how to continue with your practice beyond the book Mindfulness Meditation for Beginners includes 50 Meditations Discover dozens of quick easy mindfulness exercises ranging from 5 to 15 minutes to help you develop your practice Mindfulness revealed Understand what mindfulness is and its effectiveness when paired with daily meditation All

are welcome This simple step by step book is a perfect introduction to mindful meditation for beginners Learn the fundamentals of meditation and begin a daily practice with Mindfulness Meditation for Beginners **Capturing**

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Mindfulness Meditation and The Art of Reiki Steve Robert Gooch,2022-07-29 Beyond the concept of energy healing the system of Reiki was engineered as a powerful spiritual development practice built on the bedrock of mindfulness meditation Unpacking the esoteric Buddhist heart of the practice this book will guide you to a more fulfilling healthy and spiritually dynamic life by showing you how to approach the system from a mindfulness perspective New information and insights into the methods mechanics and philosophy of Reiki make this an essential read for anyone interested in the system s original purpose As Reiki comes under increasing scrutiny over its health supportive characteristics now is the time to shine a light on its symbiotic relationship with mindfulness practice in helping to alleviate the suffering of the human condition

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