



What is Mindfulness? (Paperback)

By Tamara Russell

Watkins Media, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. As the health benefits of mindfulness have been increasingly recognized, and the practice has moved from spiritual and new age to secular realms, misconceptions have multiplied. So what is the reality? How can one thing help so many people in such different ways, even those who would have previously thought it near impossible to tame their racing minds and live with more awareness? In this incisive guide, neuroscientist, clinical psychologist, martial artist and mindfulness teacher Dr Tamara Russell demystifies the confusions that often get in the way of mindfulness training by addressing the most frequently asked questions, including: # What does mindfulness really mean and what are its benefits? # How does it actually work? # Where does it come from? # How can we get the most from it? # What are the future possibilities with it? The QA approach, coupled with a range of practical exercises that allow you to explore the art of mindfulness for yourself, takes you on a real behind-the-scenes tour of this potentially life-changing practice, in turn helping us to live calmer, more contented lives.



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Reviews

Simply no words and phrases to clarify. It really is full of knowledge and wisdom You wont feel monotony at at any moment of the time (that's what catalogs are for relating to when you question me).

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Thorough guide! Its this sort of very good study. Yes, it really is play, nonetheless an interesting and amazing literature. You may like the way the blogger create this ebook.

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