

## Mindfulness Pocketbook Little Exercises For A Calmer Life

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Mindfulness In Plain English

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Develop balance and harmony in all areas of life through mindfulness The second edition of the Mindfulness Pocketbook: Little Exercises for a Calmer Life brings you exercises and practices to achieve greater balance and harmony in all areas of your life. You'll find new ideas for enjoying nature, being mindful at work, staying physically active, and encouraging creativity.

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The Mindfulness Pocketbook will help you: \* Move in the direction of greater calm, balance, and wellbeing \* Increase your insight and awareness \* Break free from unhelpful thoughts and thinking patterns, feel more confident, and have better self-esteem \* Be more able to manage other people's demands, stress, anxiety, and worry Experts increasingly recognise that developing mindfulness skills is

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an effective way to improve performance, reduce stress, enhance emotional intelligence, increase ...

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Since mindfulness has entered out own emotional vocabularies there is room for Honesty, Faithfulness and Reason in there too. Pause, breather, think and then act but do not be shocked by the consequences.

~~Emotional Intelligence Pocketbook: Little Exercises for an ...~~

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Develop balance and harmony in all areas of life through mindfulness The second edition of the Mindfulness Pocketbook: Little Exercises for a Calmer Life brings you exercises and practices to achieve greater balance and harmony in all areas of your life. You'll find new ideas for enjoying nature, being mindful at work, staying physically active, and encouraging creativity. With this book, you can discover how mindfulness opens you up to new ideas and fresh ways of doing things. You'll have a new approach to reducing stress and increasing your enjoyment. This revised edition of the bestselling Mindfulness Pocketbook shares guidance on new paths to living more harmoniously. Be mindful in the outdoors, communing with nature Use mindful techniques to enhance creativity Practice mindful physical activity for a healthy body and mind Add mindfulness to your workday The new section in this pocketbook edition encourages you to treat yourself to small pleasures, learn a new skill, and take time for relaxation and holidays. A calmer, more balanced life is closer than you think!

Follow-up to the bestselling Mindfulness: Be Mindful. Live in the Moment. Gill Hasson, author of the bestselling Mindfulness is back and this time you can fit her advice in your pocket! This little book is packed with over 100 quick exercises, each dealing with a different situation, to help you get calm, collected, and balanced. So whenever you start to feel the stress mounting, reach for your Mindfulness Pocketbook, find the relevant exercise and instantly make life better! So if you feel like life is moving too fast and you're struggling to keep up with constant demands and commitments, don't let anxiety and worry get the better of you – integrate these mindfulness exercises, practices, and reflections into your daily life and get in control and feel more confident, calm, and present. By progressing through the pocketbook, you will develop mindful ways of thinking and doing that will benefit a wide range of situations in your personal, social, and work life. Slow down, take a deep breath, and take that step toward an easier and more manageable life. The Mindfulness Pocketbook will help you: Move in the direction of greater calm, balance, and wellbeing Increase your insight and awareness Break free from unhelpful thoughts and thinking patterns, feel more confident, and have better

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self-esteem Be more able to manage other people's demands, stress, anxiety, and worry Experts increasingly recognise that developing mindfulness skills is an effective way to improve performance, reduce stress, enhance emotional intelligence, increase life satisfaction, and develop leadership skills. A mindful person consciously brings awareness to the here-and-now with openness, interest, and receptiveness. Mindfulness Pocketbook is the take-with-you guide to receptive, constructive thinking.

A practical "how-to" guide to changing the way you think about your emotions Bestselling personal development author Gill Hasson is back with this pocket sized guide to dealing with your emotions. Learn how to understand yourself and those around you with practical tips and tricks that will help you be more assertive, forge stronger relationships and manage anxiety. Did you know that the way you approach your own thoughts and feelings determines your happiness and success in every area of your life? Just think about it for a second, it's not necessarily the smartest people that are the most successful or the most fulfilled in life, being clever or highly skilled isn't enough. Your ability to manage your feelings, other people and your interactions with them are what makes all the difference. This highly practical book is full of advice, tips and techniques to help you: Understand and manage your emotions Become more assertive and confident Develop your social skills and your interactions with others Handle difficult situations, events and other people The Emotional Intelligence Pocketbook is your practical "how-to" guide for understanding yourself and those around you.

Be calm, collected and in the moment Too often, life just races by. You don't fully experience what's happening now, because you're too busy thinking about what needs doing tomorrow, or distracted by what happened yesterday. And all the time your mind is chattering with commentary or judgement. Mindfulness allows you to experience the moment instead of just rushing through it. Being mindful opens you up to new ideas and new ways of doing things, reducing stress and increasing your enjoyment of life. With ideas, tips and techniques to help you enjoy a more mindful approach to life, you'll learn how to:

- Adopt more positive ways of thinking and behaving
- Become calmer and more confident
- Break free from unhelpful thoughts and thinking patterns
- Bring about positive changes in your relationships
- Achieve a new level of self-awareness and understanding

Life is happening right now; mindfulness will help you live in the moment, so it doesn't pass you by!

By adopting the ancient Buddhist practice of mindfulness meditation, we can learn to pay attention to our daily experience and become more contented and fulfilled by daily activities. Many of us find it difficult to simply appreciate the present moment. We either dwell on the past or worry about the future, moving mindlessly from one activity to the next. When we are not being mindful, we miss out on

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small moments that are often incredibly valuable - be it a beautiful park that we walk through on our journey to work or the taste and texture of a delicious meal. In mindfulness meditation we pay attention to our ongoing experience whether it is pleasant - such as appreciating a beautiful sunny day; unpleasant - a disagreement with a loved one; or neutral - doing household chores. This 'Little Pocket Book' is the perfect introduction to mindfulness and is packed with easy-to-follow tips and suggestions that will allow you to incorporate simple mindful moments into your daily life.

Follow-up to the bestselling Mindfulness: Be Mindful. Live in the Moment. Gill Hasson, author of the bestselling Mindfulness is back and this time you can fit her advice in your pocket! This little book is packed with over 100 quick exercises, each dealing with a different situation, to help you get calm, collected, and balanced. So whenever you start to feel the stress mounting, reach for your Mindfulness Pocketbook, find the relevant exercise and instantly make life better! So if you feel like life is moving too fast and you're struggling to keep up with constant demands and commitments, don't let anxiety and worry get the better of you - integrate these mindfulness exercises, practices, and reflections into your daily life and get in control and feel more confident, calm, and present. By progressing through the pocketbook, you will develop mindful ways of thinking and doing that will benefit a wide range of situations in your personal, social, and work life. Slow down, take a deep breath, and take that step toward an easier and more manageable life. The Mindfulness Pocketbook will help you: Move in the direction of greater calm, balance, and wellbeing Increase your insight and awareness Break free from unhelpful thoughts and thinking patterns, feel more confident, and have better self-esteem Be more able to manage other people's demands, stress, anxiety, and worry Experts increasingly recognise that developing mindfulness skills is an effective way to improve performance, reduce stress, enhance emotional intelligence, increase life satisfaction, and develop leadership skills. A mindful person consciously brings awareness to the here-and-now with openness, interest, and receptiveness. Mindfulness Pocketbook is the take-with-you guide to receptive, constructive thinking.

Stop being a passenger in your own life. Believe in yourself and start driving! The Confidence Pocketbook is your take-everywhere guide to confidence and self-esteem. Packed with over 100 simple tips, techniques, ideas and suggestions, this book is your ultimate companion for facing life head-on - even during the most awkward or nerve-racking moments. Whether you flounder in social situations, second-guess your every decision or doubt your own abilities, author Gill Hasson can help you live your life with confidence. Each page in this book presents a specific scenario in which confidence is key, and shows you the little ways in which you can act - and feel - more confident every day. Keep this guide with you as a constant reminder to believe in yourself; dip in for a quick bit of advice in tricky

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situations, or read and re-read the pages that hit closest to home. By making tiny yet impactful changes to your outlook, your habits and your attitude, you'll develop the confidence to cope with challenges and the optimism to say everything will turn out fine. Public speaking, job interviews, first dates, big projects, new opportunities – confidence is key to them all. This book shows you how to develop the confidence you need to succeed in all areas of life and feel good about yourself every single day. Handle life's difficulties with grace and style Access tailor-made advice for any situation on the spot Recognise your own shine and allow others to see it too Low self-esteem can become a self-fulfilling prophecy, so don't let it fester. If you can't see how capable you are, how can anyone else? Don't miss out on life – put the Confidence Pocketbook to work for you, and start taking on the world.

Think your way to a more positive life Positive thinking is an approach and a set of skills that we can all learn. But it's not just about how and what you think; you've got to do something! In a range of situations, positive thinking needs to be followed by positive action. The good news is that whatever life has thrown at you in the past and whatever is you want to achieve in the future, the Positive Thinking Pocketbook will help you think and behave more positively. Inside, you'll find out how to use tips, techniques and advice on creating a positive mindset and developing your positive thinking. Next, you'll find out how to apply that positive thinking to a range of potentially difficult situations. • Little approachable exercises make it easy to get started • Full of scenarios, ideas, advice, tips and techniques • Learn how to overcome negative thinking, get motivated and stay motivated • Discover how to make positive thinking a habit Whenever you want a shot of positivity, simply pick out a few ideas, tips and techniques that appeal to you and give them a try!

Colour and Doodle Your Stress Away It's impossible to stay 'on' all the time. Just as a car engine overheats if you continue to rev it, keeping your mind in high gear puts it under a level of pressure it can't sustain. If you're feeling overwhelmed, stressed, anxious or agitated, and unable to think clearly, take your foot off the pedal, and clear your mind with The Mindfulness Colouring and Activity Book, from Gill Hasson, the author of the best-selling book Mindfulness. This portable book contains colouring, games, and activities all designed to give you a break from your everyday concerns, switch off your mind, wind down and relax. They give your mind something specific to focus on, allowing thoughts to flow easily but without any complex thinking or planning. Each activity provides a balance between challenge and skill. The level of engagement keeps your attention so focused that you become fully absorbed in the moment, preventing stressful thoughts from entering your head. The Mindfulness Colouring and Activity Book includes: • Colouring • Zentangles • Optical illusion activities • Origami • Mazes • Word Puzzles • Doodling activities • Drawing games • Observation games

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A pocket-sized collection of 25 easy mindfulness practices you can do anytime, anywhere—from the author of *Mindful Eating* Mindfulness can reduce stress, improve physical health and quality of life, and give you deep insight. Meditation practice is one way to do it, but not the only way. In fact, there are easy ways to fit it into your everyday life. Jan Chozen Bays provides here 25 practices that can be used on the go to cultivate mindfulness. The three-breath practice, the mindfulness of entering rooms, offering compliments, tasting your food one careful bite at a time—these deceptively simple practices can have a cumulative effect for the better. Use them to cultivate the gratitude and insight that come from paying attention with body, heart, and mind to life's many small moments. This book is an abridgment of Bays' longer collection *How to Train a Wild Elephant: And Other Adventures in Mindfulness*. Mindfulness on the Go is part of the Shambhala Pocket Library series. The Shambhala Pocket Library is a collection of short, portable teachings from notable figures across religious traditions and classic texts. The covers in this series are rendered by Colorado artist Robert Spellman. The books in this collection distill the wisdom and heart of the work Shambhala Publications has published over 50 years into a compact format that is collectible, reader-friendly, and applicable to everyday life.

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