

THE TYPE A S GUIDE TO MINDFULNESS: MEDITATION FOR BUSY MINDS AND BUSY PEOPLE (PAPERBACK)



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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Anyone and everyone can benefit from a mindfulness practice-especially those with busy minds, demanding schedules, and Type A tendencies. Actually, Type As have a lot more to gain from mindfulness and meditation than anyone, since they often take on more responsibilities and put more pressure on themselves to succeed. The Type A s Guide to Mindfulness: Meditation for Busy Minds and Busy People reveals not just the benefits of mindfulness and meditation, but also how to overcome obstacles, excuses, and struggles in the way of maintaining a steady practice and balanced mind. This book offers a step-by-step guide to get you started in a meditation or mindfulness practice, even if you think you don t have time. Plus, it comes with a free, guided meditation audio file. In this book, you ll find a complete guide to mindfulness meditation including: A multi-response answer to why should I spend my precious, limited time meditating? complete with scientific research on the health benefits of mindfulness meditation, personal examples, and experiential reasons that will get you excited to start your practice Practical meditation and mindfulness techniques Awareness, relaxation, and mindfulness exercises and stress management techniques to help you ease your stress and anxiety A step-by-step guide on how to start a meditation or mindfulness practice Tips for how to overcome common obstacles in meditation How to fit meditation into your day using whatever time is available to you Inspiring mindfulness quotes A free bonus: an audio file for a guided meditation for beginners Written by a yoga and meditation teacher who s also a typical Type A; she spent years struggling with a practice, finding really good excuses why her meditation should wait until...



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