



Mindfulness Pocketbook: Little Exercise for a Calmer Life

By Gill Hasson

Times Group Books, New Delhi, India, 2015. Softcover. Book Condition: New. First Edition. Follow-up to the bestselling Mindfulness - Be Mindful.Live in the Moment. Gill Hasson, author of the bestselling Mindfulness 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...



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