

Mindfulness Pocketbook Little Exercises For A Calmer Life

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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!

~~Mindfulness Pocketbook Little Exercises for a Calmer Life ...~~

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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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 mo

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~~Mindfulness Pocketbook: Little Exercises for a Calmer 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 ...

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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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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 ...

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 self-esteem Be more able to manage other people's demands, stress, anxiety, and worry Experts increasingly recognise that developing mindfulness skills

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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.

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!

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-wracking 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 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.

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 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.

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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.

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-wracking 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 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,

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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.

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An easy-to-follow guide to the stress-busting, tension-taming practice of meditation. Trying to find a work/life balance can be exhausting, which means we are always looking for ways to release tension and relax. Meditation is the perfect solution! People often worry that to meditate properly they need to sit for hours in cold and empty rooms, but in The Little Pocket Book of Meditation Stephanie Brookes sweeps aside these out-dated stereotypes. Writing in a down-to-earth, accessible style, Stephanie shows us how to incorporate simple meditation techniques into our busy, non-stop lives. Over the years she has created bespoke meditation routines and developed a large inventory of meditations to suit a wide range of situations, including meditations for self-healing, meditations for relationships and meditations on the go. Packed with engaging insights on the benefits of meditation, this book will show you how even a short meditation can reduce stress, ease tension and set you on the path to inner peace.

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