



Why Can't I Meditate?: How to Get Your Mindfulness Practice on Track

Nigel Wellings

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An accessible guide from an expert on Mindfulness on how to get the most out of meditation--and make the practice a permanent part of your daily life.

Meditation is supposed to be a practice that's relaxing and beneficial...so why is it so hard to commit to?

While many people have taken workshops in meditation, a significant number don't maintain their practice for long after the class is finished. Mindfulness can help us relax and is great for coming to grips with thoughts that make us depressed or anxious, but it can also bring us into a more intimate relationship with ourselves--a prospect that can make some feel uncomfortable. Yes, lots of good things come out of meditation practice, but keeping it up is challenging.

This is where *Why Can't I Meditate?* comes in. Full of practical ways to help our mindfulness practice flourish, it also features guidance from a wide spectrum of secular and Buddhist mindfulness teachers, and personal accounts by new meditators on what they find difficult and what helps them overcome those blocks. It takes what is boring, painful, or downright scary about meditating and shows how these struggles can become an invaluable part of our path. If you have been considering meditating but doubted your ability, if you are having a hard time continuing, or if you've reluctantly stopped, *Why Can't I Meditate?* will help you get your mindfulness practice back on track.

Why Can't I Meditate?: How to Get Your Mindfulness Practice on Track Details

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From Reader Review Why Can't I Meditate?: How to Get Your Mindfulness Practice on Track for online ebook

Jessica Lutz says

I've needed this book in a very real way. Absolutely just what I needed. One of those rare books I need to OWN to keep coming back to!

Edward Watson says

I liked this, and will keep it lying around to come back to. Why can't I meditate? turned into I can meditate! after reading, not because I had become objectively better, but in that I realised that my constant drone of 'Am I doing this right? Am I thinking too much?' was counterproductive, and that I should just go with it. The most useful piece of advice was that having to return to a self-aware present state was an important part of meditation, and you shouldn't scold yourself for needing to do so. You set yourself up to fail if you begin meditation with the expectation of staying perfectly in the present at all times.

Kelly Jones says

A quick read that relies heavily on situational examples rather than direct applications and suggestions for increasing meditation/mindfulness. I was expecting more of a how-to, but still enjoyed the book and feel that I got some info out of it that'll be useful as I continue on my quest to become more mellow.

Kay Dee says

I actually DIDN'T get to finish this book. I was forced to return it to the library because somebody put it on hold while I was borrowing it. Ugh!

Jane says

In spite of the odd title, this is one of the best books on mindfulness meditation I've read. It combines psychology with mindfulness-based stress reduction practices and gives an extensive explanation of the benefits of meditation as well as the reasons that many of us resist continuing a daily practice.

Michael Ammermuller says

Helpful reminders and encouraging insights. I'll be sure to buy this as I continue on my own meditative path.

Caroline says

Very helpful for those beginning to be interested in mediation and mindfulness

Lauren says

This book was slow going for me, but the information in it incredibly helpful for someone who has meditated before but hasn't kept up a regular practice and wants to.

catherine newman says**Good support**

Good sound advice for establishing a meditation practice. Working with the ideas presented has provided me with additional information to carry me through a plateau I was experiencing in my own practice.

Patrick says

Very practical and readable. Will keep coming back to this. Highly recommended to anyone interested in meditation.

J.T.K. Gibbs says

I will read and reread this book a few times. Even bought a hard copy of it for references and practice.

Ajay Palekar says

This was not a book for me. This is a book for anyone who is thinking about meditating, who wants to meditate but is finding it hard to start and continue or who has started but has stopped again. It presumes that reader is interested in trying meditation and for whatever motivation (to have a better life or find spiritual progress) wants to pursue it.

Perhaps to someone like that this might be a useful guide, promising to share practical tips to actually dedicate yourself to the practice.

But as a skeptic, who has learned meditation and rejected it. This book doesn't actually speak much about those core motivations, natures, and harder questions.

