



Mindfulness Workbook for Dummies

Shamash Alidina , Joelle Jane Marshall

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Restore balance to your life and live in the moment Mindfulness is a proven meditation technique that can help you restore balance in your personal life. Now, the author of *Mindfulness For Dummies* shows you step-by-step how to put the lessons of his book into practice.

Inside you'll find a huge number of hands-on exercises and techniques to help you to live in the present, let go of negative, distracting, and judgmental thoughts, and achieve greater happiness and contentment in your life.

Mindfulness can be applied to a range of conditions, including depression, anxiety, stress, fatigue, or illness. Practicing mindfulness promotes well-being and improves quality of life. The audio CD contains guided meditations to enhance the practical guidance within the book *Mindfulness Workbook For Dummies* gives you the tools you need to pay attention to the present without judgment, and build a happier life.

CD-ROM/DVD and other supplementary materials are not included as part of the e-book file, but are available for download after purchase.

Mindfulness Workbook for Dummies Details

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From Reader Review Mindfulness Workbook for Dummies for online ebook

Mohamed Alsaïd says

this book full of all plans you need and worksheet you need to start manage your world

Anna S. says

This book is actually an answer of a question keep coming in my daily life, like when in SG, I "unconsciously" get into MRT and suddenly I arrived. I work with the help of earphone. I am functioning, yet I am acting like a zombie, passionless. Like a robot. I feel numb, even though several times I enjoy things, but I can't really focus 100%. When I try to focus, I constantly need a distraction.

This book is tremendously good, as the fact that it's a workbook, so you can write and fill the blanks. The only part I haven't finish is chapter 5-9, types of meditation.

The first time I tried it, there's a glimpse of my childhood memory flashed, when we use to have old-fashioned mattress, and once a week my mom bring it outside to make it drier and puffier. I use to lay on top of the mattress, facing the sun and the sky, watching the cloud slowly moving. It was beautiful, carefree. I was able to concentrate more, and all the sudden my menstrual cramp gone, and I am more conscious, more present in doing my chores. I am more aware of sounds.

This is a secular type of meditation.
Worth to try!

Christine Thoma says

interesting workbook, learned a lot of things about myself and what I need to do to find inner peace

Athena Nagel says

Don't you just love Dummies books? They are such a great resource to learn so many "things". Everything is broken down to the simplest components. Is there a topic you want to learn more about but are too intimidated to research it? Simply turn to the Dummies books to acquire all you desire!

This Mindfulness Workbook is another great Dummies book. The book begins by teaching the reader to understand just what mindfulness is, exploring the different types of meditations and beginning your journey. You learn how to get started, how to prepare yourself, how to practice living mindfully, what are the rewards of living mindfully and some closing tips.

To me the greatest tips in this book are about finding time for mindfulness. I can sometimes barely find time to even take a deep breath. This book is teaching me how to find the time to do so in an easy to follow and easy to understand manner. I give this book 5 stars and encourage anyone who wants to follow a path to happiness to read this book.

I received a copy of this book in exchange for an honest review.

Victoria Wen says

An interesting introductory for mindfulness, easy to understand

Richard says

Trying to find the good bits through pages and pages of blah. This book as all "for dummies" books should be 150 pages shorter.
