



## **Por qué el Mindfulness es mejor que el chocolate: Tu guía para la paz interior, la atención plena y la felicidad absoluta**

*David Michie*

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## Por qué el Mindfulness es mejor que el chocolate: Tu guía para la paz interior, la atención plena y la felicidad absoluta David Michie

Zajímá vás, jak můžete praktikováním bdělé pozornosti snížit stresu, zlepšit pracovní výkon, zbavit se bolesti a celkově prohloubit zdraví a pocit životní spokojenosti? V této jedinečné příručce Davida Michieho se dozvíte o skutečné podstatě bdělé pozornosti, o její transformativní síle a opravdových důvodech, proč buddhističtí mniši meditují.

Důsledkem vašeho života je zjištění, že svými myšlenkami nemusíte být zcela ovládáni, ale můžete je i pozorovat. Když začnete aktivně ovlivňovat to, co probíhá ve vaší mysli, a převeďte odpovědnost za směr a dráhu svých myšlenek, můžete také rozhodovat o tom, kudy a kam vás myšlenky povedou. Bdělá pozornost je síla, která skutečně dokáže změnit život, a tato kniha je skvělým průvodcem na cestě k objevení sebe sama. Po jejím přečtení vám šokoláda bude chutnat ještě víc!

## Por qué el Mindfulness es mejor que el chocolate: Tu guía para la paz interior, la atención plena y la felicidad absoluta Details

Date : Published January 14th 2016 by Aguilar (first published 2014)

ISBN :

Author : David Michie

Format : Kindle Edition 238 pages

Genre : Nonfiction, Religion, Buddhism

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# **From Reader Review Por qué el Mindfulness es mejor que el chocolate: Tu guía para la paz interior, la atención plena y la felicidad absoluta for online ebook**

## **Lenka Píplatová says**

Some scientific info mixed with some esoteric bullshit, overlap with Hurry up and meditate. Not much practical.

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## **Shelley Diemart says**

This is a good introductory book to the practice of mindfulness, and I would definitely recommend it to any novice. I like how the author explains the benefits of meditation and mindfulness and the resulting love and compassion. I don't like his attempts to bridge this into the corporate world, and I found the chapter on meditation in the business world irrelevant to my situation and almost deceitful to Eastern philosophy, which doesn't hint (the author doesn't state this outright) at using meditation as a means to create more competent worker bees. This is really the reason I gave the book 3 stars instead of 4.

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## **Jillian says**

I found this book useful both in terms of its practical instructions and its contextualising of meditation and mindfulness within Buddhist tradition. That said, I think it attempted too much in relation to contextualising.

The style is reminiscent of a series of lectures - each section with clear headings and replete with anecdotes or stories from ancient teachers. Both the headings and the anecdotes are helpful but I would have preferred a broad background summary and fewer chapters. The use of meditation for corporate purposes, for example, is unhelpful and distracting. While the assembling of evidence of the benefits of meditation is interesting, the audience for the book does not appear to be those who need to be convinced. It reads a bit like a handbook - or series of lectures - for those training to set themselves up as teachers of meditation and mindfulness.

Perhaps because of that, I learned a lot from the book and am grateful. I am inexperienced in this area and found his instructions about meditation and his explanation about observing and meditating on mind excellent.

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## **Matthew Hodge says**

I'm quite grateful to David Michie for this book, because mindfulness is such a hot thing nowadays - being very quickly diagnosed for many mental health issues, etc, that it's easy to lose track of its Buddhist origins and connections.

Which is where, of course, things can get problematic. As a Christian, I'm actually trying to work through

how my faith can be tied in with this practice that, on the basis of what looks like some reasonably objective scientific research, is of great physical and mental benefit.

As always with our society, we are quick to grab things from different religious traditions, strip out the parts we don't like and take the pragmatic parts that give us what we want. So I have no doubt, for most people, reading the first couple of chapters of Michie will be enough to show you how to do a mindfulness meditation and if you were just to do that, I have no doubt that you would feel a lot more peaceful and calm before too long. (I've tried it and I certainly do.)

However, why does this work? And what is the philosophical basis behind it? And that's where I found the rest of this book helpful in laying out in relatively straightforward English the Buddhist philosophy underpinning the practice.

It's fascinating, and I can see why the idea will be popular in today's day and age. It's like the polar extreme away from scientific materialism. (Something I've been giving some thought to this year while reading Van Til, Dawkins, etc.) On the one extreme, you have materialism which tells us that the universe just objectively *is* with no particular meaning attached to it at all. We can do our best to make sense of the facts and see where they lead, but that's it.

Meanwhile, up the far end, is this view that Michie expounds that the universe is really just how we perceive it and both we and the universe are constantly changing, to the point that there almost is no distinction between "us" as a concept and the universe. (If indeed there is such a thing as a universe in this view of the world - I wasn't quite sure.)

I can now understand the appeal of mindfulness. If all you've got is what there is around you (materialism), really the only way to get away from that depressing fact is to keep yourself busy with work and/or fun. But that gets exhausting very quickly and, at least in the West, is just plain stressing us out.

So something like mindfulness, which forces us to stop, chill out and just enjoy the benefit of not thinking and takes us away from all of that, is quite appealing. And many people will probably like the sound of some sort of transcendence that rises above the meaninglessness of everyday life.

But the problem is, that every meditation session ends, and then the real world is there. There are many benefits that we can gain from stopping and slowing down and not giving full weight to every thought that pops into our heads. But nonetheless, there is a real material world that is out there, with real people and things in it, and it feels illusory to imagine that we can rise above it all so that it never matters.

And this, I think, is the strength of Christianity. It acknowledges the materialism of the world, because it teaches that the world and everything in it was created in a real, physical sense by a Creator. Thus, you can't sit there and pretend that it's all real and illusory. But, by the same token, it also recognises that there is a higher meaning to it as well, again because it was made by a Creator for a higher purpose of getting to know Him. And it also means that we can rest from the exhausting idea that we ourselves must keep the world going around.

So, in short, I think mindfulness practice - insofar as it offers some techniques to take time out, quiet our thoughts and realise that much of what runs through our minds is pure over-exaggerated drivel - can be quite a useful thing. But ultimately, while it sounds nice, I don't think a philosophy that (almost) denies the material world will be comprehensive enough to help us navigate the long and difficult task of living in such a world.

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## **Kavita says**

“Meditation provides the tools not only to abide more comfortably in the present, but also to observe rather than engage with unhappiness-creating thoughts.”

“When we understand the true nature of mind, we start to see these thoughts merely as thoughts instead of engaging with them. They arise, abide, and pass. They have no substance and certainly no power unless we give it to them.”

“The researchers summarized: "A human mind is a wandering mind, and a wandering mind is an unhappy mind. The ability to think about what is not happening is a cognitive achievement that comes at an emotional cost." Long ago, Buddhists reached much the same conclusion.”

This book is a must read. Its filled with wisdom one can go back to again and again. And yes its certainly better than chocolate :D

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## **Mi Camino Blanco says**

Descubrir el mundo Mindfulness es una de las mejores cosas que me han pasado en el último año. Sin embargo, aún no me había decidido a leer ningún libro especializado porque a veces estas guías iniciáticas se me parecen demasiado a esos manuales inservibles de autoayuda llenos de teoría, promesas y casuística a veces dudosa de personas tan poco parecidas a mí como un pepino.

Pero nada más lejos de la realidad en este caso. Una guía muy útil, con la teoría justa y muchas ideas, (útiles, sí, y realizables también) para poner en práctica.

Aún estoy adentrándome en este fascinante universo, y me queda un largo camino por recorrer. Razón por la que aún no puedo estar de acuerdo al cien por cien con el título que el autor ha decidido darle al libro. Para una principiante y adicta al chocolate como yo, resulta muy complicado. Pero estoy en ello. Aunque,... no tienen porqué ser cosas incompatibles, señor Michie.

<https://micaminoblanco.blogspot.com.es>

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## **Bruce McNair says**

An introduction to mindfulness, how to do it and the benefits it may bring both to individuals and organisations. Research has shown that the human mind wanders a large percentage of time and that results

in unhappiness. Furthermore, we are at our happiest when our mind is not wandering and that is similar to the mindfulness state. This agrees with centuries-old Buddhist teaching. Thus, meditation is the training ground for mindfulness. The journey to mindfulness can be long and difficult even though it can be started with meditation sessions of just 10 minutes a day. The benefits of achieving mindfulness can be quite significant for people in all situations. And mindfulness is becoming increasingly popular in all kinds of fields.

This book highlights the benefits of mindfulness for both individuals and organisations. It then provides some tips for establishing meditation as a habit & applying mindfulness in daily life. The author points out that achieving the higher levels of meditation can be just as difficult as achieving higher levels of skill in other endeavours, such as music and creative writing. The last chapter dwells on the links between the state of our mind and the state of our health, and suggests that mental factors may contribute to disease as much as physical factors.

I had already been doing yoga for over a decade as well as some meditation and had realised some of the benefits when I read this book. Reading it has encouraged me to continue my mindfulness journey. Given the benefits, even at low skill levels, I would encourage others to read this book and discover the benefits for themselves.

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### **Gisela says**

An excellent introduction to mindfulness, meditation and the science around them. Very readable, informative and inspiring. It motivated me to start meditating again after not having practised for more than a year. Lots of good tips for getting into the habit and a good coverage of different techniques.

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### **Jacqueline says**

I've read several books on meditation and mindfulness in recent months. This one is the clearest representation of what these practices actually mean and how they can benefit your life. Michie's realistic approach is refreshing. He gives the novice permission to approach new behaviors slowly and to be patient with oneself. Especially helpful is a discussion of monkey mind and how it is our choice to view ourself as a victim or someone empowered to improve our life. The suggestion to Acknowledge, Accept, and Let Go when dealing with negative thoughts is excellent practical advice. This book is the place to start if you are interested in exploring mindfulness and meditation.

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### **Jennifer Althaus says**

A relaxing read that takes you on an informative journey of inner peace toward eternal happiness.

Why Mindfulness is better than Chocolate by David Michie is a book that draws you in from the first time you lay your eyes on the cover to the moment you close the book. A love for chocolate and it's ability to heal all woes is one that is well known worldwide and was my initial attraction to this book. The use of a slightly unwrapped chocolate bar, which teases the senses before your reading journey even begins, is the initial draw card. Within it's content David Michie cleverly relates to

chocolate, but it is soon evident that this book is about way more than chocolate as the reader is taken on a inner journey of peace and self exploration.

“We’re at our happiest when our mind is not wandering - that is, when we’re in a state of mindfulness. The highlight of my mindfulness seminars is often an exercise I call ‘the Lindt technique’ where I invite participants to mindfully enjoy a Lindt chocolate. From opening the foil wrapper, to savouring the smooth, liquid heart of the chocolate as it bursts in the mouth. For two or three minutes a blissful silence ensues. Mindfulness applied to eating of chocolate” - David Michie.

David Michie draws on ancient Buddhist teachings and contemporary science, providing a book that meets modern day and brings one to the place they are comfortable being during their own meditation sessions. From the beginner to the more advanced meditator David Michie mixes light humour with an easy to understand explanation, allowing one to progress through the book whilst enhancing not only their knowledge but their mindfulness skills.

As a beginner who runs a busy daily schedule with little time to breath I found Why Mindfulness is better than Chocolate a breath of fresh air. David Michie brought me back to reality. He showed me how important it was to find my state of mindfulness. To find just that moment each day for my own happiness and inner peace. He provided me with an easy to understand explanation of what mindfulness really is. The definition of mindfulness was one I found differed greatly between my friends and co workers based on their experience and understanding of the concept. David Michie put it all into perspective, giving ten easy steps that enabled me to get into the meditation habit regardless of my daily schedule.

Yes I am still a mindfulness beginner but with David Michie and Why Mindfulness is better than Chocolate by my side I am well and truly on my way to finding the inner peace, enhanced focus and deep happiness that I truly deserve.

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## **Gary says**

Found a few of the chapters fascinating.

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## **Petra X says**

Is he serious?

Does he seriously think that coming home after a really bad date would be better helped by mindfulness rather than a family-size bar of Cadbury's fruit and nut?

Does he honestly think that the day you realise that summer is coming and you'll have to get into a cozzie in a couple of months, you should sit cross-legged and meditate zen-style rather than having a last splurge on a couple of ok, whole pack of chocolate-covered digestives? (Diet starts tomorrow, as does mindfulness!)

Are your girlfriends going to console you on losing your job by indulging in a comfort fest with pizza and chocolate or skip it for a zen session of mindfulness?

I think not.

But then the crucial point is the author is a man. I don't know about men, maybe they prefer mindfulness to chocolate. Maybe they'd even prefer it to beer but I have my doubts. But women, well women know, that nothing pleases quite like a heart-shaped box of Godivas and a big kiss. Can you imagine if the bf/hubby sent a card on Valentine's day or your birthday or anniversary, saying 'no chocolate this year. We're going to meditate and be mindful.'

He wouldn't be getting any later, would he?

This non-review was inspired by Miriam, message 15

I won't be buying this book. I will be buying a large Toblerone and a Turkish Delight chocolate-covered bar with the money. Just to celebrate defiance.

I know there are a lot of gifs in this 'review', but you can never have too much chocolate, can you?

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## **Gemma Innes says**

From the title and the blurb of this book I expected it to be a concise step-by-step guide. Although the content of the book differed greatly from my expectations it was still interesting to read.

David Michie gives a concise outline of how the practice of mindfulness can be beneficial to several different areas of life, from personal stress levels and workplace performance and happiness to physical health and mental wellbeing. The layout of the chapters makes the information easy to follow and digest. Each chapter introduces new information backed up with academic studies. Each chapter is broken down into headed sections addressing a different topic or example within a subject which for me made the book



flow nicely. Each chapter reads like an academic essay, presenting an idea, outlining it and then backing it up with evidence, before outlining how it is relevant to the topic of mindfulness as a whole and linking it to the next chapter.

I didn't find that the book "[offered] innovative solutions to common obstacles". Although I may have misinterpreted the way in which some of the 'lessons' were trying to present their content, I felt that the book offered more of a general overview of mindfulness as a concept rather than means to applying it to daily life. Out of the twelve chapters which make up this book, I found that chapters six and seven were the most instructional, giving "Ten tips for getting into the meditation habit" and "How to apply mindfulness in your daily life". Here, information is presented as guided step-by-step techniques rather than metaphorical 'lessons'.

In the more academic chapters that make up the rest of the book the blend of evidence from ancient Buddhist teaching with contemporary scientific studies offers a well balanced view of mindfulness and its potential. Although Michie is open from the beginning of the book about his own Buddhist faith there is very little in the book that makes those of other faiths or secular beliefs feel alienated or gives the impression that mindfulness requires Buddhist mind-sets.

Overall the book was a good read and for someone who knows next to nothing about mindfulness this is a good text for giving an overview of what the practice is, where it comes from and how it can help. Those parts that offer guidance for how to begin adding the practice to your life through a 10 minute meditation habit are well presented and easy to follow. However it may be difficult using this book alone to advance past this 10 minute meditation technique. I feel that I have come out of this book with an idea of how I will start my own meditation practice over the next 6 weeks, but further reading will be required before I would feel I could comfortably lead a more mindful life. That said, I feel I must add the disclaimer that I have the kind of mindset where I like information about anything considered a 'practice' to consist of a full set of 'instructions' and I am aware that this may not be forthcoming in something like mindfulness. I would still recommend this book as a good starting point if you wanted to practice this life style change for yourself.

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## **Panda1602 says**

Mindfulness is something that I have been practicing for a quiet a number of years. I purchased this book at an airport when I was between flights. I have read a number of David Michie's books and am a particular fan of his Dalai Lama's cat series. So I thought I would grab this book as I was familiar with his previous works, besides I was curious about why mindfulness maybe better than chocolate. See, I'm not actually a chocolate fan however numerous friends of mine adore chocolate so I do keep stocks on hand for when they visit. I have observed the rupture that chocolate does to their senses and body so I was wondering how a book titled 'Mindfulness is Better than eating Chocolate' would impact the thought processes of chocolate lovers particularly if I left it lying around on my coffee table.

This book was a relatively easy read. It's full of great tips and guidance for anyone who is wanting to be more aware and bring mindfulness into their lives.

Yes I do leave the book on my coffee table from time to time when I know chocolate lovers are coming into my home. It provokes some very interesting conversations to say the least. For me the title of the book is

really a tongue in cheek of grabbing attention, that's really what mindfulness does, it enables one to be fully present in that moment. It's quite a clever way to get people to stop, be present and observe. Even if it is for just a minute second, the title of the book has made a crack in your thought processes and you'll never think the same again.

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## **Margaret says**

A nice little guide to Mindfulness and Meditation.

Written with humour and humility. Definitely NOT one of those ego-driven self help books.

Highly recommended.

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