



The Mindfulness Journal: Exercises to help you find peace and calm wherever you are

Corinne Sweet, Marcia Mihotich

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In today's busy world, finding physical and mental space for peace and calm amidst the competing demands of work, family and friends can be a challenge. Mindfulness is a simple and powerful practice that can help you cut through the noise and reclaim tranquillity, wherever you are.

The Mindfulness Journal offers an introduction to mindfulness and easy exercises that can be done whether you are sitting at your desk, squeezed on to a crowded train, or standing in line at the supermarket. This beautifully illustrated journal is your indispensable companion to a more peaceful, stress-free day.

The Mindfulness Journal: Exercises to help you find peace and calm wherever you are Details

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Author : Corinne Sweet , Marcia Mihotich

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From Reader Review The Mindfulness Journal: Exercises to help you find peace and calm wherever you are for online ebook

Eliza Christine says

A soothing and serene read. This book shares many mindfulness exercises for specific emotions and experiences that one may have throughout the day, such as confrontation, sleepless nights, racing thoughts and preparing for the day ahead. I especially enjoyed the simple and soothing illustrations and inspirational quotes that reinforce the book's overall concepts of positivity and resilience. This is just the right book to dip into when in search of a mindful moment.

Em Eddings says

Struggled to finish this book. Probably better as a coffee table book than as a read for those actually seeking help or advice.

Savitri says

It is basically explain about "one recipe" and how to modify it in any situation.

Anna Casian-Mustea?? says

O carte care te ajută să-ți definești mai bine rolul și locul în această lume. Cu ajutorul acestei cărți începi să te familiarizezi cu fiecare clipă și mai ales clipa prezentă, te împrietenești cu propriul corp și propriile gânduri, pentru a avea o viață mai armonioasă.

Jessica says

A nice easy read. Some beautiful quotes and helpful exercises for incorporating mindfulness into your everyday life. The author takes into account all sorts of situations and emotions that might arise, and provides meditations that will help you move through it without letting your emotions take over.

Dmitry Demidov says

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Louise says

Useful to dip into and to remember that practice doesn't need to be at a set time every day but can be part of your daily life.

Erika Mik says

I bought this thinking it would be an interactive journal that I could write in. It is not. It is full of great meditations for plenty of situations in your life.

Lillian says

By far one of the worst self-help books I've ever read. It aligns cognitive therapy with ~magical benefits~ such as no longer experiencing any physical pain in the intensive care ward.

This book's only saving grace was the beautiful use of negative space and illustrations by Marcia Mihotich - if the written work wasn't so preachy and I was to rate this book on aesthetics alone it would be a 5/5. I loved the texture, flat graphics and consistent and appropriately 'calming' teal.

Don't waste your money: there are plenty of simple meditation books that offer much more helpful information that don't feel patronizing.

Mike Pearce says

Utter tripe. Don't bother. The format is almost entirely the same.

1. Have a problem.
2. Sit/Lie/Stand. Breath. Think about problem.
3. Problem goes away

AJ S says

An excellent companion

This journal really helped me get through a stressful time in my life. Very clear and simple.
I recommend it =)

Kat says

A beautifully designed to-the-point book on Mindfulness in an over saturated market. The space to journal thoughts and observations is a welcome addition however due to the binding the book is very tricky to write in. For anyone looking for a more in depth book on the subject I (like the author) recommend Full Catastrophe Living: How to Cope With Stress, Pain and Illness Using Mindfulness Meditation by Jon Kabat-Zinn.

This would make a nice gift and introduction to Mindfulness.

Frances Wilde says

pretty basic but actually relaxing and education in its simplicity

Vanessa says

This was a very thoughtful gift from a friend who knows that I often struggle with stress and anxiety over a myriad of things. I took my time reading through this, even though I could have read it in one sitting, and I'm glad I did because it gave me a chance to actually try out a few of the many meditative mindfulness practices that the book provides.

The book seems to cover almost every possible situation where you might need a dose of mindfulness to get you through - everything from getting to sleep, gardening, the work commute, and dealing with grief/loss is covered in here, and all the practices are realistic and simply written. The practices are accompanied by lots of pretty illustrations, and steer clear of any kind of spiritual content which I really appreciated. There are also lots of blank pages for you to take notes in, as the 'journal' element of the book's title suggests - this is where it falls a little flat for me, in that the pages are blank (I would prefer lined pages), and the binding is quite tight so it would be a little difficult to write in it.

Overall though, this is a great mindfulness collection, and one of the most practical and accessible ones I've seen so far. I look forward to tabbing the practices that will be the most useful to me, and practicing meditation and mindfulness more regularly,

András says

A tons of cliché with a few good thought. The book design in the Hungarian print is amazing, I loved it.
