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Mindfulness MEDITATION

For Beginners

A Simple Guide to Mindfulness Meditation
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By

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[EBOOK: A Beginner's Guide to Mindfulness: Live in the Moment](#) Ernst Bohlmeijer, Monique Hulsbergen, 2013-05-16 While the concept of living in the moment seems simple the reality is often entirely different as our minds chatter and fret and rarely stand still Fortunately Ernst Bohlmeijer and Monique Hulsbergen have written a clear and reassuring guide to mindfulness and ACT with illuminating exercises and a wealth of information about how our minds work But more than this it s also a guide to living a more contented life as the reader is encouraged to search out and live a life guided by their most deeply held values It s an uplifting read Rebecca Alexander executive coach The Coaching Studio and Contributing Editor Psychologies Ernst and Monique have written a wonderful self help guide Full of interesting anecdotes helpful case studies and useful techniques this is a book which teaches us how to lead a more fulfilled life Dr Rick Norris Consultant Psychologist and author of *Think Yourself Happy* the simple 6 stage programme to change your life from within Life is not easy There are times when we are full of gloom doubt fear bitter disappointment or insecurity This practical book will help you to experience greater freedom and quality in your life and teach you how to cope with stressful situations Combining mindfulness and Acceptance and Commitment Therapy ACT exercises in an accessible 9 week programme Bohlmeijer and Hulsbergen show you how to observe your thoughts without judgement and connect with the here and now in your life By spending a few minutes a day you will discover what really matters to you in life and learn to base your day to day actions on your values Learn how to live in the moment with this step by step guide to mindfulness and walk away from fighting difficult emotions You will find peace and greater joy as well as reduced anxiety and stress With illustrations by Helen van Vliet Mindfulness is a form of meditation that originated in Buddhist practice A recent development is Mindfulness Based Stress Reduction or MBSR which is now being used successfully in treating a range of clinical conditions including the relief of stress and anxiety in cancer The new book *A Beginner s Guide to Mindfulness* by Ernst

Bohlmeijer and Monique Hulsbergen is a most valuable addition to the literature. It is written with authority by two distinguished and experienced psychologists and contains a wealth of information written in easily understood English. The book also contains useful exercises for people to work through. I recommend this book highly especially to anyone trying to help themselves deal with physical or psychological illness. Professor Jane Plant, Imperial College London, UK and author of international bestseller *Your Life in Your Hands*. Being a human being includes difficulties. The authors take this simple fact of life, blend their personal experiences, a model of mindfulness, scientific evidence, and a bit of humour. From this they create a book of wisdom, inspiration, and practical steps for living. Lance M McCracken, Professor of Behavioural Medicine, King's College London, UK. This is clearly one of the best mindfulness books for beginners. You can put it directly into the hands of your clients with no explanations. Clearly a very user-friendly book to have in your clinic. JoAnne Dahl, Professor of Psychology, Uppsala University, Sweden. This is a very useful book for anyone wanting to find more meaning and satisfaction in life. It blends exercises and metaphors from several mindfulness-based therapies in a user-friendly self-help format. Ruth Baer, Professor of Psychology, University of Kentucky, USA. Bohlmeijer and Hulsbergen's *A Beginner's Guide to Mindfulness* provides an accessible and practical route to create more well-being. They have convinced me with their research and this volume that they are serious about helping more people flourish in life. Anybody interested in flourishing should read this book and more importantly practice what they preach. Corey Keyes, Professor of Sociology, Emory University, Atlanta, Georgia, USA.

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About the Author of **Mindfulness For Dummies** Shamash Alidina is a professional mindfulness trainer speaker and coach specializing in mindfulness training for therapists coaches and executives as well as the general public He has trained with Jon Kabat Zinn Thich Nhat Hanh and Matthieu Ricard and at Bangor University s Centre for Mindfulness He has over ten years of experience in teaching mindfulness

About the Author of **Meditation For Dummies 3rd Edition** Stephan Bodian a licensed psychotherapist and former editor in chief of Yoga Journal has practiced and taught meditation for over 40 years and has written extensively on meditation stress management and spirituality His articles have appeared in Fitness Cooking Light Natural Solutions and other national magazines

About the Author of **50 Ways to a Better You For Dummies Mini Edition** W Doyle Gentry PhD is a clinical psychologist whose scientist practitioner career spans almost four decades Dr Gentry is a

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Ebook Mindfulness Meditation Book Review: Unveiling the Power of Words

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paragraph 1 belimicus when he heard this will approached him astonished and was not able to reply but salvius added this with a smile paragraph 2 my friend why are you astonished you and cogidubnus were always disputing surely he would reject you but we had the greatest friendship i owe you much you had said

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boy more sauce servus cui salvius hoc imperavit statim exiit brevi regressus garum veneno mixtum intulit atque in belimici pateram effudit the slave to whom salvius had ordered left at once having returned in a short time he brought in the sauce mixed with poison and poured it out onto belimicus s bowl

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