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Mindfulness MEDITATION

For Beginners

A Simple Guide to Mindfulness Meditation
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By

Michelle McClellan
Psychologist
Mindfulness Trainer
Life Coach

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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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distinguished Fellow in the American Psychological Association and is the Founding Editor of the Journal of Behavioral Medicine He has authored over 100 scholarly works has edited eight textbooks and has authored three self help books including Happiness For Dummies The Little Handbook of Mini-Mindfulness Meditation Tan Seng Beng,2012-04-02

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