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Goldstein,2012-11-06 Ever wonder how easy life would be if you didn t get suffocated with anxiety your heart didn t pound in your chest and your thoughts didn t race a mile a minute every time you had to step onto a plane Think you have no control over your fear of flying Think again *Mindfulness Meditations for the Anxious Traveler* reveals how you can calm your anxiety about traveling cultivate self compassion and gain control of your fears by quieting the emotional brain and tapping into the rational brain You can approach your traveling challenges with greater ease The secret is in the spaces A leader in mindfulness psychology Dr Elisha Goldstein demonstrates how to use the space between stimulus and response to break free from habitual beliefs and thoughts that don t serve you These techniques will allow you to connect to the present moment to make deep permanent life changes In essence this book teaches the foundation for how the now this very moment can change the rest of your life To enhance and ease your experience the text also contains links to simple instructional videos

Psychotherapy for the Advanced Practice Psychiatric Nurse, Second Edition Kathleen Wheeler,2013-12-11 Print CourseSmart **The Inner Game of Champions: Mastering Your Mindset for Daily Wins** Silas Mary,2025-02-17 The greatest champions know that success isn t just about what happens on the field it s about what happens inside your mind *The Inner Game of Champions* takes you behind the scenes of high performers daily routines to show you how they think plan and execute at the highest level This book reveals the mental tools and strategies that the world s top performers use to stay focused motivated and at their best every single day Whether you re striving for personal success or aiming for professional excellence this book will teach you how to master your inner game optimize your mindset and win on a daily basis The mindset shifts in this book will help you turn small daily wins into massive long term success *Mindfulness: The 21-Day Mindfulness Challenge* Ingrid Lindberg,21 Day Challenges, Are you tired of living on autopilot Tired of letting your thoughts feelings and reactions dominate you Are you curious about how mindfulness can make a difference in your life The present moment is a strange place We are all trapped here really and there is utterly no other place to be yet so few of us take a moment to stop and have a look around The future and the past all exist in the mind They are only ever memories dreams little flickers in the electrified meat we generously call our brains The only thing that is real is the moment that is happening

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Mindfulness Mark Williams,Danny Penman,2012-11-13 MINDFULNESS reveals a set of simple yet powerful practices that can be incorporated into daily life to help break the cycle of anxiety stress unhappiness and exhaustion It promotes the kind of happiness and peace that gets into your bones It seeps into everything you do and helps you meet the worst that life throws at you with new courage The book is based on Mindfulness Based Cognitive Therapy MBCT MBCT revolves around a straightforward form of mindfulness meditation which takes just a few minutes a day for the full benefits to be revealed MBCT has been clinically proven to be at least as effective as drugs for depression and is widely recommended by US physicians and the UK s National Institute for Health and Clinical Excellence in other words it works More importantly it also works for people who are not depressed but who are struggling to keep up with the constant demands of the modern world MBCT was developed by the book s author Oxford professor Mark Williams and his colleagues at the Universities of Cambridge and Toronto By investing just 10 to 20 minutes each day you can learn the simple mindfulness meditations at the heart of MBCT and fully reap their benefits The book includes links to audio mediations to help guide you through the process You ll be surprised by how quickly these techniques will have you enjoying life again

Steps towards a Mindful Organisation Fabrice Mielke,2021-03-23 This book presents a guideline for turning any organisation into a more mindful one allowing it to manage unexpected events and develop stronger resilience The author conducted empirical research with a German IT company s staff and its leadership in a longitudinal way The whole team was trained in individual mindfulness competencies Individual mindfulness is a state of being that can be developed through mindfulness mediation When combined with social interactions cultural adaptations and structural changes collective mindfulness develops Collective mindfulness allows an organisation to become more agile The author argues that

mindfulness training influences the openness and knowledge sharing behaviour of an organisation first on an individual and then a collective level Such training can generate awareness increase empathy between the team members and lead towards a more successful organisation This study can inspire team managers to improve the work environment as well as academics to update their current level of research in the field of individual and collective mindfulness

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