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being in the moment needn't be limited to simple diary keeping and fill in journals instead you can capture it with your lens Bestselling author Matthew Johnstone's latest book *Capturing Mindfulness* is a natural follow on from his last book *Quiet the Mind* which came out in 2012 Matthew has been practicing what he terms photopresent for the last 15 years and believes that next to meditation this is one of the most creative and enjoyable ways to attain mindfulness in day to day life The very essence of photography after all is all about focus and capturing the moment Matthew is fascinated by light colour composition and most importantly how he can see the world differently For him having camera in your hands is the reminder to consciously slow everything down from your breath to your walk to your thoughts and begin to really observe your surroundings as if seeing them for the first time Mindfulness photography is about seeing something that no one else can capturing something that will never happen again and finding beauty where it doesn't typically exist When we become more consciously aware of where we are what we're doing and what we're thinking life can become calmer more enjoyable and generally more manageable

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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 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) and *Mindfulness Meditation and The Art of Reiki* (Steve Robert Gooch, 2022-07-29).

Beyond the concept of energy healing, the system of Reiki was engineered as a powerful spiritual development practice built on the bedrock of mindfulness meditation. Unpacking the esoteric Buddhist heart of the practice, this book will guide you to a more fulfilling, healthy and spiritually dynamic life by showing you how to approach the system from a mindfulness perspective. New information and insights into the methods, mechanics and philosophy of Reiki make this an essential read for anyone interested in the system's original purpose. As Reiki comes under increasing scrutiny over its health-supportive characteristics, now is the time to shine a light on its symbiotic relationship with mindfulness practice in helping to alleviate the suffering of the human condition.

How to Be Mindful Anna Barnes, 2016-08-11. Would you like to feel less stressed, live more calmly and be more content? The simple ideas that mindfulness teaches can help you achieve all these things and more. Bursting with tips, centring statements and activities, *How to Be Mindful* will provide you with everything you need to make every day full of gratitude and peace.

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