



## Mindfulness to Go: How to Meditate While You're On the Move

By David Harp

New Harbinger Publications. Paperback. Book Condition: new. BRAND NEW, Mindfulness to Go: How to Meditate While You're On the Move, David Harp, Learning what mindfulness is - paying attention to the present moment nonjudgmentally and purposefully - takes mere seconds, but putting mindfulness into practice every moment of every day is a constant struggle. It can take years to develop the mindfulness muscle necessary to find tranquility during stressful, anxious, and uncertain times. "Mindfulness to Go" presents a fast-track approach to helping readers reap the benefits of mindfulness meditation: decreased anxiety and depression, increased self - acceptance, more fluid adaptation to change, improved concentration and creativity, and enhanced quality of life. These simple off-the-mat meditations are written in a humorous and straightforward style and are designed to fit into everyday tasks. The book includes meditations that can be done in the car, while running errands, at work, while on the computer, and while having conversations with others. With the philosophy that every action, physical or mental, can be mindful or mindless, this pocket guide helps readers choose the mindful path in each aspect of their lives. With practice, mindfulness can become less the product of concentrated thought, and more of...



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