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The Little Book Of Mindfulness

The Little Book of Mindfulness is a beautifully colour-illustrated book of 40 easy ways to be mindful every day. About the Author Dr Patrizia Collard is a psychotherapist, mindfulness teacher, stress management consultant and lecturer in psychotherapy at the University of East London.

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In The Little Book of Mindfulness, Tiddy Rowan, herself a practitioner for over 30 years, has gathered together a seminal collection of over 150 techniques, tips, exercises, advice, meditations and further resources that will enable people at every level to follow the breath, still the mind and relax the body, whilst generating and boosting a feeling of well-being and contentment that will permeate every aspect of everyday life.

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This beautifully illustrated book will set you and your family on the road of mindfulness so you can lead a more mindful, peaceful and relaxed life. Find

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The Little Book of Mindfulness: 10 minutes a day to less ...

This is a short little book that contains a variety of mindfulness exercises designed to take between 5 and 10 minutes. The exercises are good and it's a handy little compilation of them. The extra added stuff like poems and little sayings and a few short passages that are added to try and turn it more into a book don't really add anything.

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The Little Book of Mindfulness | The Works

Description. Delivery & Returns. The Little Book of Mindfulness - 10 Minutes a Day to Less Stress, More Peace by Dr Patrizia Collard. On the Back of the Book. Mindfulness is the easy way to gently let go of stress and be in the moment. It has fast become the slow way to manage the modern world - without chanting mantras or finding hours of special time to meditate.

The Little Book of Mindfulness | Dr Patrizia Collard

The Little Pocket Book of Mindfulness: Don't dwell on the past or worry about the future, simply BE in the present with mindfulness meditations: Amazon.co.uk: Black, Anna: 9781782492030: Books. Flip to back Flip to front. Listen Playing... Paused You're listening to a sample of the Audible audio edition. Learn more.

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Her books include Journey into Mindfulness, Mindfulness-based Cognitive Behavioral Therapy for Dummies and Awakening the Compassionate Mind (2014). Dr Collard's wide range of approaches and methodologies includes mindfulness-based cognitive behavioral therapy, rational emotive behavior therapy, core energy management, existential therapy, drama therapy, yoga and meditation, relaxation, and self-hypnosis.

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The principles of mindfulness are simple to learn – but like all things, it takes practice. In this book, we've brought together a collection of expert advice to help you get started building a habit of mindfulness. Whether it's through meditation, or simply through a mindful approach to everyday activities, the practise of mindfulness

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The Little Book of Mindfulness Audiobook | Dr Patrizia ...

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It is a small Book made up of quotes, tips and exercises to aid mindfulness. Everything in it makes absolute sense, but of course, like with anything it all requires effort and practise. Now that I

have read it all the way through, I will go back through it and begin to practice all of the exercises.

The Little Book of Mindfulness by Tiddy Rowan

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