



Mindfulness For Dummies

Shamash Alidina

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How to reduce stress, anxiety, high blood pressure, and even chronic pain-by refocusing your mind

A cutting-edge meditation therapy that uses self-control techniques, mindfulness has taken off across the globe as a way of overcoming negative thoughts and emotions and achieving a calmer, more focused state of mind. Written by a professional mindfulness trainer, this practical guide covers the key self-control techniques designed to help you achieve a more focused and contented state of mind, while maximizing the health benefits of mindfulness-from reducing stress, anxiety, and high blood pressure to overcoming depression and low self-esteem and battling chronic pain and insomnia.

- Includes self-control techniques (such as body posture, sitting practice and breathing exercises) and routines
- Includes an audio CD featuring narrated meditations and exercises

Introducing you to a new and powerful form of meditation therapy, *Mindfulness For Dummies* outlines how to use it in your everyday life to achieve a new level of self-awareness and self-understanding and reap the long-term rewards of better health.

Note: CD-ROM/DVD and other supplementary materials are not included as part of eBook file.

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