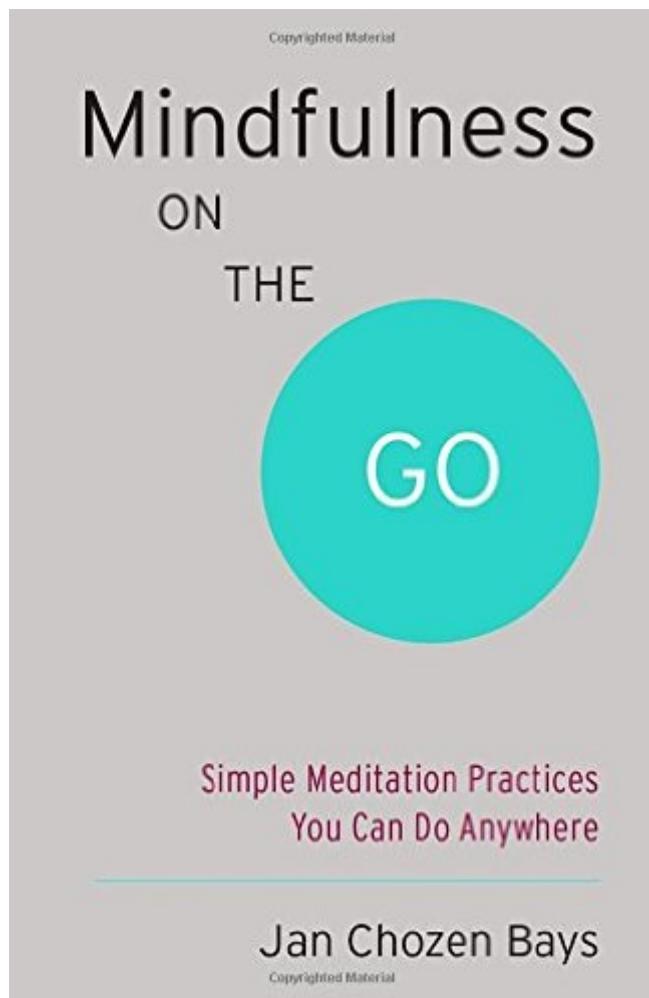


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# Mindfulness On The Go (Shambhala Pocket Classic): Simple Meditation Practices You Can Do Anywhere



## **Synopsis**

A pocket-sized collection of mindfulness practices anyone can do anytime--from the author of *Mindful Eating*. Mindfulness can reduce stress, improve physical health and quality of life, and give you deep insight. Meditation practice is one way to do it, but not the only way. In fact, there are easy ways to fit it into your everyday life. Jan Chozen Bays provides here 25 practices that can be used on the go to cultivate mindfulness. The three-breath practice, the mindfulness of entering rooms, offering compliments, tasting your food one careful bite at a time--these deceptively simple practices can have a cumulative effect for the better. The book is an abridgment of Bays's longer collection *How to Train a Wild Elephant: And Other Adventures in Mindfulness*.

## **Book Information**

Series: Shambhala Pocket Classics

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## **Customer Reviews**

This book is fantastic! I have used it in my life and in my work as a college professor and corporate trainer to help myself, my students, and my clients live a more purposeful, mindful, and effective life. The techniques she shares are easy to use, fun, and effective. Dr. Bays will help you become more productive, less scattered, and more effective at work, at home, and at play. I use one of her exercises at the beginning of every class I teach and have had my students come back and share that they use it to calm down and get centered all the time, when making their first speech or presentation in class, while waiting on a long line at the bank, when stuck in traffic, and even when dealing with an angry friend. You'll love it if you buy it and use the exercises in the book.

Great size, great content. Can put it in my purse or lunch bag and get some help to get back in the now. I'm really glad that Shambhala prints so many good books in pocket size, they really come in handy.

Love it, short, quick read & am practicing mindfulness.

Book is very good and a great resource.

Quick delivery, reasonable price!

The perfect companion to carry with you or keep at your bedside. As you read, your mind gently fills with loving thoughts and learns to allow the negative ones to float by.

A great little book to carry with you for the doctor's waiting room, or a lunch break, and it gives some easy to understand and easy to do tips on mindfulness.

Good, informative, little book that invites people to be mindful as they go about their days. To me, this is the essence of mindfulness.

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