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Practical Guide To Reclaiming  
The Present Finding Inner  
Peace And Awakening

# Mindfulness A Practical Guide To Reclaiming The Present Finding Inner Peace And Awakening

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Mindfulness is a way of perceiving,

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thinking, and behaving You would be forgiven for thinking that mindfulness is just an activity; in fact, mindfulness is a way of perceiving and observing, and it can be developed using various tools. Some of these tools include meditation, exercises, and breathing.

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depression, irritability, exhaustion and insomnia that can arise from chronic pain and illness. Mindfulness for Health is based on a unique meditation programme developed by Vidyamala Burch to help her cope with the severe pain of spinal injury. Taught at Breathworks - and its affiliates around the world - this programme has helped tens of thousands of people cope with pain, illness and stress.

## **Mindfulness: Finding Peace in a Frantic World**

Authoritative, beautifully written and much-loved by its readers, Mindfulness: A practical guide to finding peace in a frantic world has become a word-of-mouth bestseller and global phenomenon. It reveals a set of simple yet powerful practices that you can incorporate into daily life to break the cycle of anxiety, stress unhappiness and exhaustion.

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Mindfulness is a very simple concept. Mindfulness means paying attention in a particular way: on purpose, in the present moment, and non-judgementally. This increases awareness, clarity and acceptance of our present-moment reality. Mindfulness does not conflict with any beliefs or tradition, religious, cultural or scientific.

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foundations of mindfulness and how to  
apply them to your own life.

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