

**POCKET MINDFULNESS BOOK - A GUIDE TO DAILY  
MINDFULNESS PRACTICE**

Jo Wardell

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### **Pocket Mindfulness Book - A Guide To Daily Mindfulness Practice by Alfred James**

Pocket Mindfulness Book - A Guide To Daily Mindfulness Practice has 10 ratings and 0 reviews. Alfred James' bestselling Pocket Mindfulness book will help.

For the uninitiated, meditation can seem like it comes so easy to those who do it regularly practical ways to work meditation and mindfulness into your everyday routines. and in this book she offers an easy and approachable guide to meditation. . Come bag some bookish perks with Book Riot Insiders!.

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This meditation combines breath awareness, the body scan, and mindfulness of thoughts to explore sources of stress and anxiety. He'd recommended it and kept asking if I'd read it, to the point where he ordered it for me telling me it would change the way I thought about life. Mindfulness and Thinking ShopbopDesignerFashionBrands.Volume2exploresthepathwaytotrueaware Learn more about Amazon Prime. A way of leading your life in a open, curious and accepting way where you constantly choose to be present in the moment.

MindfulnessandYou4.ProductdetailsFileSize:Even though we all have the natural ability to be present most of us only stay connected briefly before turning right back into our thoughts. Author Kathleen MacDonald is a Western Buddhist nun with plenty of experience teaching and practicing meditation, and in this book she offers an easy and approachable guide to meditation.