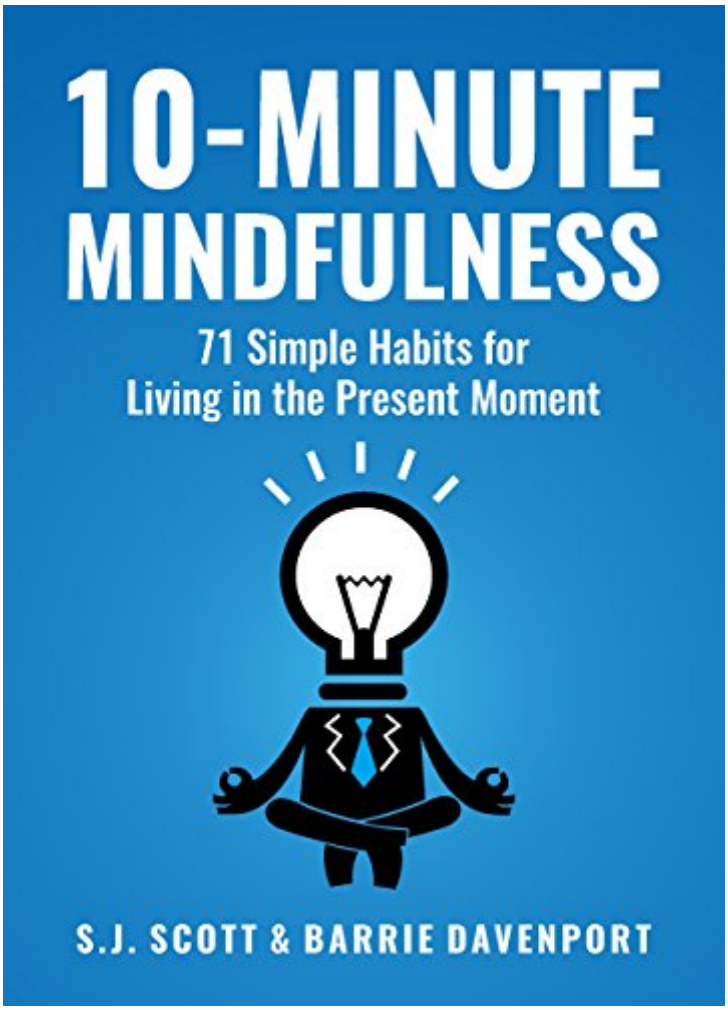
Ebook Directory
the best source of ebook

The book was found

10-Minute Mindfulness: 71 Habits For Living In The Present Moment (Mindfulness Books Series Book 2)



PDF
Adobe
DOWNLOAD EBOOK

Synopsis

Hate the negativity that often surrounds you? Feel stressed or anxious? Overwhelmed by our hectic, fast-paced modern society? These issues are often the direct result of as vicious cycle known as "unconscious living."You can be unconscious about your lifestyle choices, habits, and thoughts. You can be unconscious about your true values, life priorities, and deeper longings. And you’re unconscious about living in the present moment because you’re preoccupied by past regrets and worries for the future.The solution is to incorporate mindfulness through your entire day -- so you can enjoy inner peace and happiness. And the simplest way to do this is to build a series of mindfulness habits. DOWNLOAD:: 10-Minute Mindfulness - 71 Habits for Living in the Present MomentIn 10-Minute Mindfulness, Wall Street Journal bestselling authors S.J. Scott and Barrie Davenport show how to anchor yourself in the present moment, even if it’s for just a few minutes at a time. This book is for anyone who recognize the need to improve their focus, productivity, happiness, and peace of mind.Not only can you choose from a selection of 71 mindfulness habits, you will also discover the practical tools to turn these actions into automatic behaviors. These new habits will take you from morning to evening, so you can practice mindfulness any time of day.In 10-Minute Mindfulness you can "choose your own adventure," and pick the mindfulness habits that will have the biggest positive impact on your life. Would You Like To Know More?Download now to reduce your stress, overcome anxiety, and live in the present moment. Scroll to the top of the page and select the buy now button.

Book Information

File Size: 455 KB

Print Length: 249 pages

Publisher: Oldtown Publishing LLC (May 21, 2017)

Publication Date: May 21, 2017

Sold by:Â Digital Services LLC

Language: English

ASIN: B071HVMVVR

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #740 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #1 inÂ Kindle Store > Kindle eBooks > Business & Money > Business Life > Motivation & Self-Improvement #1 inÂ Kindle Store > Kindle eBooks > Nonfiction > Self-Help > Stress Management #1 inÂ Books > Self-Help > Stress Management

Customer Reviews

This is a fantastic collection of mindfulness habits by Steve Scott and Barrie Davenport. The book starts off by asking a very important question that gets you thinking: Ã¢Â ÂœHow can you remain in the present when you have to plan, schedule, achieve goals and live life in a world that is so focused on the future?Ã¢Â Â•Yes, life is a busy, hectic mess most of the time, and it feels like we are all just trying to keep up with it. Our cellphones, tablets and phones have become weapons of mass destruction and are pulling us deeper down the rabbit hole.But as the book soon points out, you donÃ¢Â Â™t have to be mindful every minute of the day. This is something that you can return to for just a few minutes even. I love the simplicity of the mindfulness mindset. As the authors state, mindfulness is about the practice of nonjudgment, which is the key to experiencing the deeper benefits of a daily mindfulness practice.The purpose of this book is to serve as a reminder to Ã¢Â Âœbe aware of mindfulnessÃ¢Â Â•. What I like is that these habits can be performed rather quickly and most of them anywhere. ItÃ¢Â Â™s a great little collection [well, 71 habits in fact].So why do I recommend this book?Because what the world needs right now IS more mindfulness, and I donÃ¢Â Â™t say that lightly. We are all entranced in our own world, looking down at a screen while we are walking, thinking about something else while having a conversation with a good friend, or planning the next fun activity instead of enjoying the activity you are currently doing.It raises the question: How can we be more if we canÃ¢Â Â™t even focus on what we are doing in the present? How can we enjoy our life if we are focused on the worries of tomorrow?The habits in this book, although you may not use them all, are excellent. IÃ¢Â Â™ve made a list of my favorites that I am putting into daily practice. These are numbered as they appear in the book. The habits are divided into four times of day as well, from morning until late evening/night.My personal favorites are:Early Morning Mindfulness Habits:#1: Wake up early#2: Wake up with gratitude#4: Practice a morning breathing exercise#5: Notice Your Thoughts#10: Smile in the mirror#11: Practice morning meditation#15: Define three daily goals#18: eat breakfast mindfully#19: Be present with your family#24: Recite positive affirmations#25: Declutter one spaceLate Morning Mindfulness Habits:#28: Clear your desk#29: Focus on your work purpose#33: Decrease your distractions#35: Find your flow stateAfternoon Mindfulness Habits:#38: Cultivate a beginners mind#40: Stand,

stretch and get moving#41: Take a digital break#41: Show appreciation#47: Take a music break#49: Practice a growth mindsetEvening Mindfulness Habits#55: Take a mental mini vacation#57: Reconnect with your relationships#61: Create a task ritual#63: Give yourself a break from television#65: Tame your longings and cravings#66: Mindfully review your day#68: practice a shutdown ritual#71: Practice guided sleep meditation10-Minute Mindfulness brings it all back and keeps us centered. The authors literally take you by the hand and walk you through the Ã¢Â Âœhow-to-doÃ¢Â Â• of practicing mindfulness. By the time you are working on just a few of these habits, youÃ¢Â Â™ll have a better piece of mind for it.I like the links to case studies the authors have included. This makes for extended reading if you want to learn about the research that went into the book. They also have links and recommendations to many other books on the subject if you want to learn more about the theory of mindfulness.A definite recommended read that IÃ¢Â Â™ll be sharing with friend and family.

10-Minute Mindfulness is an exceptional guide and compilation of resources for creating a mindful routine out of an otherwise hectic and stressful daily rate race. The book is inspirational and motivational, giving you 71 options and specific guidance to assist in creating a mindful life. This book is now a part of my core reading list.

I loved the simple guidelines and 71 suggestions for being more mindful. One of my favorites is #34 Practice Outcome-Directed Thinking. As a person who loves her "to do" list--especially checking things off!--the idea of stopping to truly savor and reflect upon why I am doing those tasks was intriguing... and so far... enlightening. I have found that many of the tasks bring me a certain level of joy that I had not identified before. Who would think hand washing dishes was a joyful task? When I let myself enjoy the warmth of the water flowing over my hands, and the slippery surfaces of clean dishes, and noticed the light reflecting off sparkling, clean glassware... well, I have no words. Just a sense of joy. Learn how to experience your everyday actions in a new way. You will be amazed!Disclaimer: I received a promotional copy of this book and was invited to write an honest review on it.

This book may be most useful to readers new to mindfulness. The author does a good job of pulling practical suggestions together from the literature. The use of intentional rituals was a concept new to me. I appreciated that he organized the book by taking the reader through a typical day using mindfulness techniques.

I just started using this book, although I have practiced Mindfulness before. I like the suggestions for "intentions" that are in the latter part of the book. I was able to choose many quickly, and know that I can focus on one for now. It made it a quick read so I can get started right away.

Life will pass us by, so we might as well enjoy the journey. I like the word "mindfulness" as it is much less intimidating than meditation. Plus, it is much easier to do. This is easy to read, step-by-step, and even easier to do. A great, fun read.Tom "Big Al" Schreiter

If there’s a great example today of how mindfulness lends itself to success in so many aspectrs of life, then Steve Scott is living proof of how important mindfulness has become in the quest for achieving better results and for finding a better way of living.It’s important to acknowledge right at the start that the book is a joy to read and also to recognise that the collaboration with Barrie Davenport pays dividends in this meeting of two minds and two complementary writing styles. The product is surprisingly greater than the individual contributions of the two authors and they deserve congratulations and recognition for creating such a well-crafted book.On a practical level, the book clearly aims to make the practice of mindfulness as easy and accessible as possible. So this is not another obscure and theoretical philosophy text. Its purpose is to help and encourage the reader to experience all the benefits and advantages of a focused mind, creating a mental acuity that is more fully aware of what’s taking place within and without the mental sphere. The book clearly succeeds in its goals and it can be fairly described as life-changing as much as it is life-enhancing and deserves the widest possible readership. If you wish to experience the real potential of a mind that is both calm as well as finely tuned to whatever’s going around you, you couldn’t find a better book of instruction.

I am always looking for ways to find moments of calm in my life. These mindfulness habits have given me so many ideas for working a few minutes of peace into day. I especially love the habits of mindfulness with kids and teaching them this practice at an early age. The links to additional resources are also incredibly useful.

Download to continue reading...

10-Minute Mindfulness: 71 Habits for Living in the Present Moment (Mindfulness Books Series Book 2) Mindfulness: How To Be In The Present Moment Everywhere In Your Everyday Life, 2.0 (FREE Bonus Included) (Mindfulness For Beginners, Meditation, Finding Peace, Present moment)

10-Minute Mindfulness: 71 Habits for Living in the Present Moment Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Mindfulness: Mindfulness for Beginners: How to Live in The Present, Stress and Anxiety Free (FREE Bonus Gift Included) (Mindfulness, Meditation, Buddhism, Zen) Million Dollar Habits: 27 Powerful Habits to Wire Your Mind For Success, Become Truly Happy, and Achieve Financial Freedom (Habits of Highly Effective People Book 1) Breaking Bad Habits: 11 Steps to Freedom (addiction, food addiction, sugar addiction, gambling addiction, addiction recovery, habits, breaking bad habits) Mindfulness for Beginners: Reclaiming the Present Moment and Your Life(Book & CD)) Mindfulness for Beginners Blueprint: 40 Steps to Become More Present in the Moment Through Meditation ? Anxiety ? Exercise - Reduce Stress - Happiness Habits! 21 Powerful Simple Mini Habits to Boost Your Mind, Hack Your Productivity and Achieve Success in Life (Healthy Living eBooks, Self Control and Discipline,) Princess Kate Meditates (Children's Book about Mindfulness Meditation for Kids, Preschool Books, Kids Books, Kindergarten Books, Kids Book, Ages 2-8, ... Stories / Picture Books / Kids Books) Habits: Easy Habits for a Better Life. (Life, Business, Success, Habit, Happiness) Rich Habits: The Daily Success Habits of Wealthy Individuals Mini Habits for Weight Loss: Stop Dieting. Form New Habits. Change Your Lifestyle Without Suffering. millionaire success habits: 2 Manuscripts - Millionaire Mindset habits and simple ideas for success you can start now, Money top secrets of accumulating more money Mini Habits: Smaller Habits, Bigger Results Present Moment Parenting: The Guide to a Peaceful Life with Your Intense Child You Are Here: Discovering the Magic of the Present Moment Parenting in the Present Moment: How to Stay Focused on What Really Matters READING ORDER: TAMI HOAG: BOOKS LIST OF THE BITTER SEASON, KOVAC/LISKA BOOKS, HENNESSY BOOKS, QUAID HORSES, DOUCET BOOKS, DEER LAKE BOOKS, ELENA ESTES BOOKS, OAK KNOLL BOOKS BY TAMI HOAG

Contact Us

DMCA

Privacy

FAQ & Help