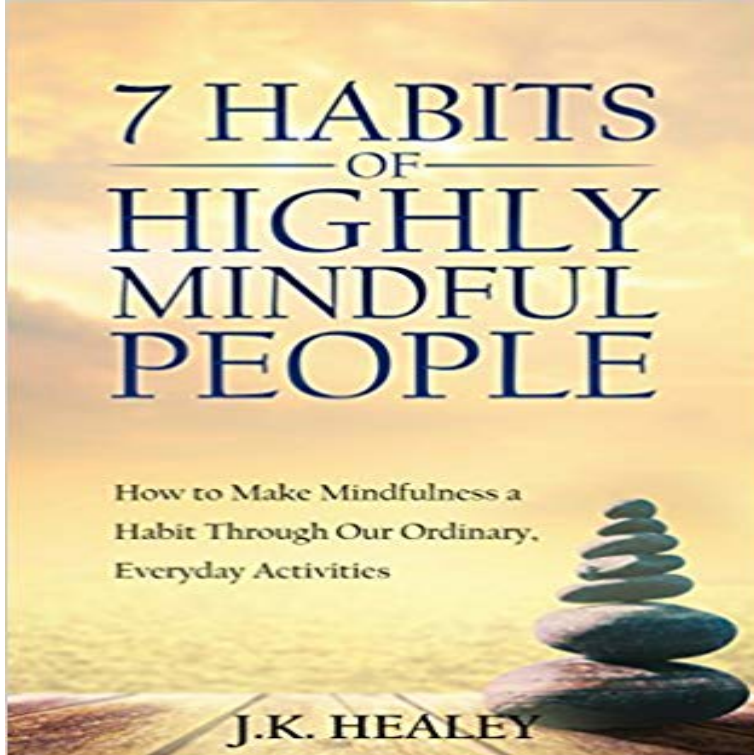


# The 7 Habits of Highly Mindful People: How to Make Mindfulness a Habit Through Our Ordinary, Everyday Activities



Finally, a How-To Guide for Applying Mindfulness So It Actually Becomes Habit Mindfulness is so much more than meditation: its a lifestyle. So many of us hopped onto the meditation bandwagon. So many of us have become open minded enough (and even brave enough) to start the path of a calmer, more present life. Its no longer a fad but something thats real, and you actually feel it starting to change your life and even the lives of those around you. However, you may feel that you can be doing something more -- much more -- to really reap all the benefits of mindful living. Sitting and meditating 10 - 20 minutes a day surely brings in many rewards, but it may seem like its only for those moments of meditation. Once the meditation is over, youre back to the daily grind, the constant hustle and bustle of mindless living. Maybe youve been meditating for quite some time but feel theres something much more that could be done to truly change your relationship with stress and anxiety. Maybe you try applying mindfulness throughout your days but find it extremely difficult to even remember. By the time you sit for down for your next meditation session, you think, Gee, this is still the only time I remember to be mindful. Meditation is only the beginning. And even if you dont meditate, mindfulness can still be part of your lifestyle. But how does one actually achieve a new lifestyle? The answer is to make it a habit. How many times you have made the same New Years Resolution year after year, only to give up after a month? For many, being mindful, has always been on top of the resolution list, only to have it forgotten by February. Or maybe it felt so daunting a challenge, you gave up and said, Maybe not this time. Maybe next year. Like most intentional changes in life, its hard to implement. The only real effective way is to form new habits. And this is where The 7 Habits of Highly Mindful

People will help you. In this book, J.K. Healey goes over the 7 habits of mindfulness and teaches you exactly HOW to apply them while doing the tasks you do every day. By applying mindfulness into actual activities, you will discover there is so much more to mindfulness than just meditation, and you'll be on the road to true transformation. You'll see how mindfulness can be applied to ordinary morning tasks, like showering, brushing teeth, etc. You'll actually see how even the busy commute to and from work can be a chance for mindfulness ... and even look forward to commuting time! You'll learn how to be mindful doing office work. You'll no longer be impatient when standing in line at the checkout line of the grocery store. You'll see how cooking and preparing food can be a meditative experience. Eating mindfully has many healthy benefits ... even weight loss! Apply the 7 habits of mindfulness to your workouts .. and even get better results! And learn the secret technique guaranteed that you'll fall asleep fast, prevent insomnia and get a full, quality nights rest. Stress is the result of experiencing what is happening right now, but feeling that you'd rather be experiencing something else right now. Or what should be. In other words stress is really the result of not accepting the now. By applying these mindfulness techniques to our everyday, ordinary activities, you will train yourself to accept and be aware of the present moments. For less than the price of a latte, you can start transforming your life into one of mindful peace. Click on the Buy Now button to start your new journey.

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