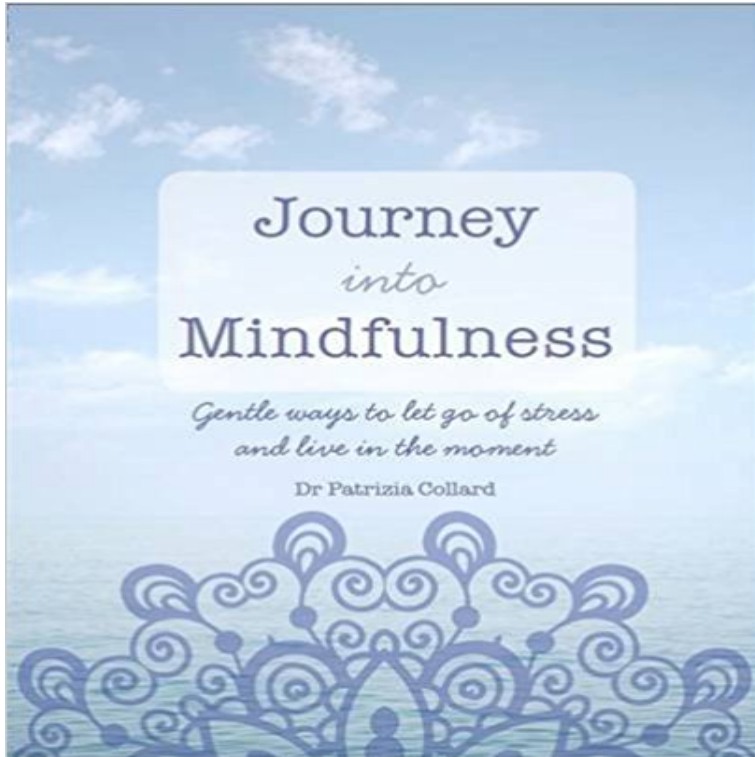


# Journey into Mindfulness: Gentle Ways to Let Go of Stress and Live in the Moment



This book explains the principles of Mindfulness, a meditation cognitive therapy, and shows how its rituals can help you find a path to better living. Living in the moment can be harder than we think in a tech-filled world of to-do lists. This gentle guide shows you easy, enjoyable and effective ways to slow down and develop awareness of your thoughts, actions and the environment. Exercises include step-by-step breathing and sound meditations, eating, walking meditations and movement sequences inspired by chi gong, tai chi and yoga to bring the mind and body into the present moment. In this fully illustrated book by leading mindfulness educator and author Dr Patrizia Collard, discover the meditations and body moves to combat stress and anxiety, deal with fear and procrastination, eat better, manage change, love more and ultimately feel the joy of being in the now. Learn mindful eating, how to get out of a low mood, what to do with anger, how to embrace aging, brilliant stress-reduction techniques, how to get beyond fear.

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