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Mindfulness Explained: The Mindful Solution to Stress, Depression, and Chronic Unhappiness will arm you with indispensable strategies for fundamental life change. You'll learn proven mindfulness exercises, intuitive methods for spirituality, powerful feel-good acts, and numerous other methods for stress relief, mind-body meditation and depression's end!

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Please note that mindfulness practices have the potential to create psychological distress for some individuals. Please see The Mindfulness Solution, or consult a mental health professional for guidance should you encounter difficulties.

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Mindfulness is simply about being mindful of what you're thinking and deciding where you choose to focus your attention. Ideally, one would choose to focus his or her attention towards compassion,...

Mindfulness Made Simple | Psychology Today
Here are some examples: Seated, walking, standing, and moving meditation (it's also possible lying down but often leads to sleep); Short pauses we insert into everyday life; Merging meditation practice with other activities, such as yoga or sports.

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What is Mindfulness? - Mindful

Mindfulness is a technique you can learn which involves making a special effort to notice what's happening in the present moment (in your mind, body and surroundings) - without judging anything. It has roots in Buddhism and meditation, but you don't have to be spiritual, or have any particular beliefs, to try it. It aims to help you: become more self-aware.

About mindfulness | Mind, the mental health charity - help ...

How mindfulness helps mental wellbeing. Becoming more aware of the present moment can help us enjoy the world around us more and understand ourselves better. When we become more aware of the present moment, we begin to experience afresh things that we have been taking for granted. "Mindfulness also allows us to become more aware of the stream of thoughts and feelings that we experience," says Professor Williams, "and to see how we can become entangled in that stream in ways that are not helpful.

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