



## Mindfulness for Life: How to Use Mindfulness Meditation to Improve Your Life

By Stephen McKenzie, Craig Hassed

Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, Mindfulness for Life: How to Use Mindfulness Meditation to Improve Your Life, Stephen McKenzie, Craig Hassed, Many of us in the modern world are unhappier than they need to be, and mindfulness offers a solution that works. Science and clinical practice have only recently 'discovered' the profound potential of mindfulness-based practices for increasing our wellbeing. However, mindfulness has been practised for thousands of years as an attention-training technique that can reduce physical and psychological suffering and enhance health and happiness. Derived from ancient contemplative practices in many cultures and wisdom traditions, mindfulness practice simply involves directing our attention to what is (reality), rather than to what isn't (our ideas of reality). Mindfulness for Life is written by two experts on mindfulness with many years of personal and clinical experience. The authors have come together to provide both a medical and a psychological perspective on mindfulness and related conditions such as depression and substance abuse. The result is a book that translates the scientific principles underlying mindfulness into a simple, practical and accessible life manual.

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