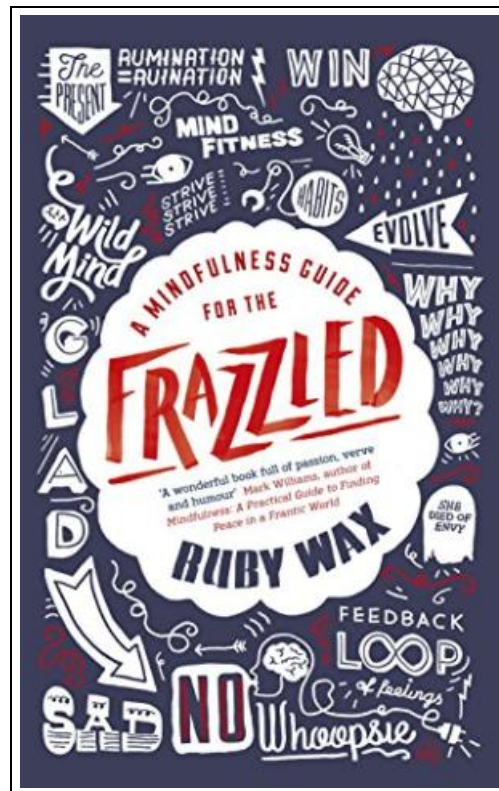


A Mindfulness Guide for the Frazzled



Filesize: 8.03 MB

Reviews

Great e-book and helpful one. It usually fails to cost an excessive amount of. I discovered this publication from my dad and i encouraged this pdf to find out.
(Meagan Beahan)

A MINDFULNESS GUIDE FOR THE FRAZZLED



Penguin Books Ltd. Hardback. Book Condition: new. BRAND NEW, A Mindfulness Guide for the Frazzled, Ruby Wax, 500 years ago no-one died of stress: we invented this concept and now we let it rule us. We might have evolved to be able to miraculously balance on seven-inch heels, but as far as our emotional development is concerned we're still swimming with the pond scum. If we don't advance our more human qualities then we're doomed evolution-wise to become cyborgs, with an imprint of an 'Apple' where our hearts used to be. Ruby Wax shows us a scientific solution to these modern problems: mindfulness. I know what you're thinking - what if I don't want to stare at a butterfly wing or hear the single ting of a wind chime? My definition of mindfulness isn't about sitting erect on a hillock, legs in a knot, humming a mantra that's probably the phone book sung backwards, it's something that can help us all: learning to notice your thoughts and feelings so you can truly experience life. Outrageously witty, smart and accessible, Ruby Wax shows ordinary people how and why to change for good. With mindfulness advice for relationships, for parents, for children and for teenagers, and a six-week course based on her studies of Mindfulness. Based Cognitive Therapy with Mark Williams at Oxford University, A Mindfulness Guide for the Frazzled is the only guide you need for a healthier, happier life.



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