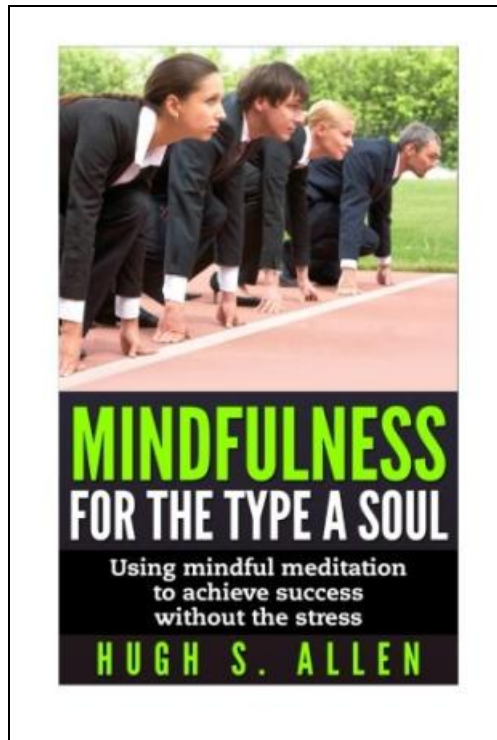


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Grace Publishing, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Mindfulness for the Type A Soul Allen knocks it out of the park this time! This book goes right to the heart of that person who has ever struggled and been out of balance because of perfectionism and a need for control. You made the plan, you did the work, you achieved it - but somehow it falls short! You may have left a trail of bad relationships in your wake or you are just deflated by the ravages of stress on your life. It can all change right now! Excerpt: No matter where you are right now, bad relationships, stress-induced ill-health, depression, co-dependency, addictions - you can turn your life around. A holistic approach includes proper diet, nutrition, exercise and rest. Pay attention to each of these so that it supplements your practice of mindfulness. Take time out to do the things that you enjoy and spend quality time with the people who are important to you. Being present in each moment is being present for your life - don't miss that. MINDFULNESS FOR THE TYPE A SOUL includes: - What is Type A Behavior? - Coping Strategies - Why Mindfulness? - Practical Steps and Exercises - Mindfulness in Body - Mindfulness of Thought - Mindfulness of Emotions - Mindfulness in Communication - Track Your Success and Improve Your Technique.

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