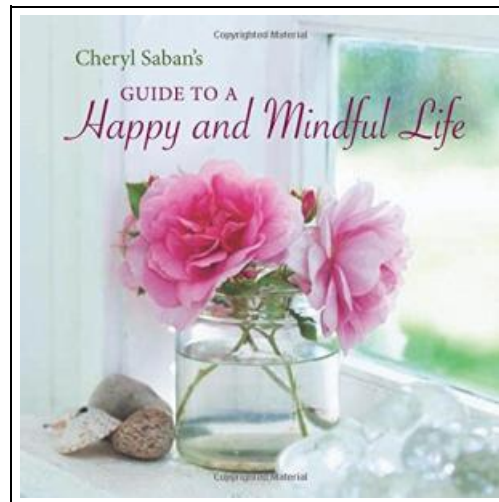


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Ryland, Peters Small Ltd, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. A beautifully illustrated pocket-size gift book that explores the experience of mindfulness through the personal recollections of everyday people as well as quotations from writers and philosophers. All of us yearn for happiness. But in this day and age, it s easy to understand why people get sad or feel overwhelmed. How can one cope with financial worries, marital strife, and health problems? Where does hope come from? Can we be happy despite the difficult life-cards we ve been dealt? The answer is yes. A major proportion of your ability to be happy is entirely up to you. Through practicing mindfulness it s possible to attract positive experiences into your life by purposefully choosing to be happy. Mindfulness is simply about deliberately paying attention to things we normally would not even notice; becoming aware of our present moment experience as it arises, non-judgmentally and with kindness and compassion. When we practice mindfulness we are aware of what is happening in both our mind and our body. We are paying attention to our inner thoughts - the stories we tell ourselves - as well as to emotions and physical sensations as they are arising. This wise and empathetic little book offers an insight into the experience of mindfulness through the words and affirmations of people of all ages, teamed with timeless quotations from great writers and philosophers. Meaningful relationships are the basis on which happiness is founded, be mindful of these whether they are family relationships, friendships or marriages in order to bring happiness and contentment to your own life and the lives of those around you. Organized by chapters on Connections, Wellbeing, Gratitude, Friends, Partnerships, Marriage, Nurturing and Celebrating, some of the tips are...

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