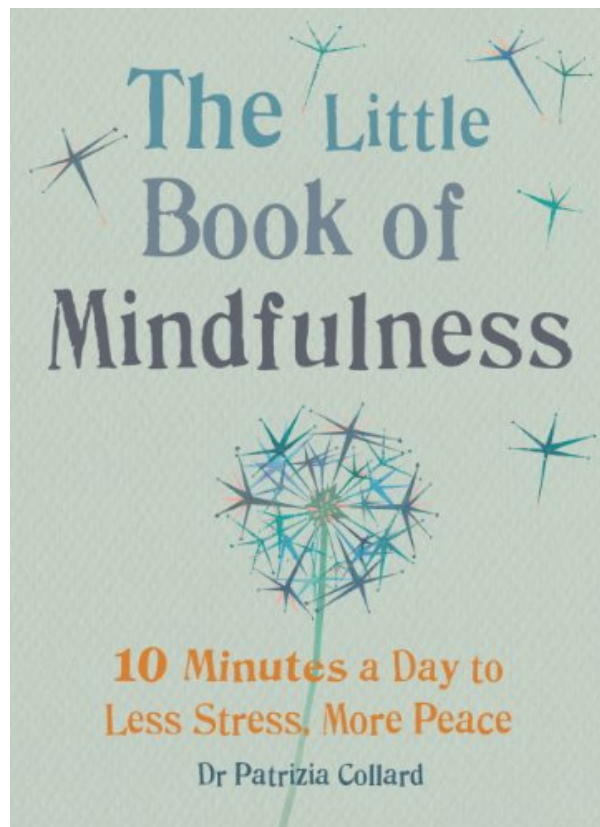
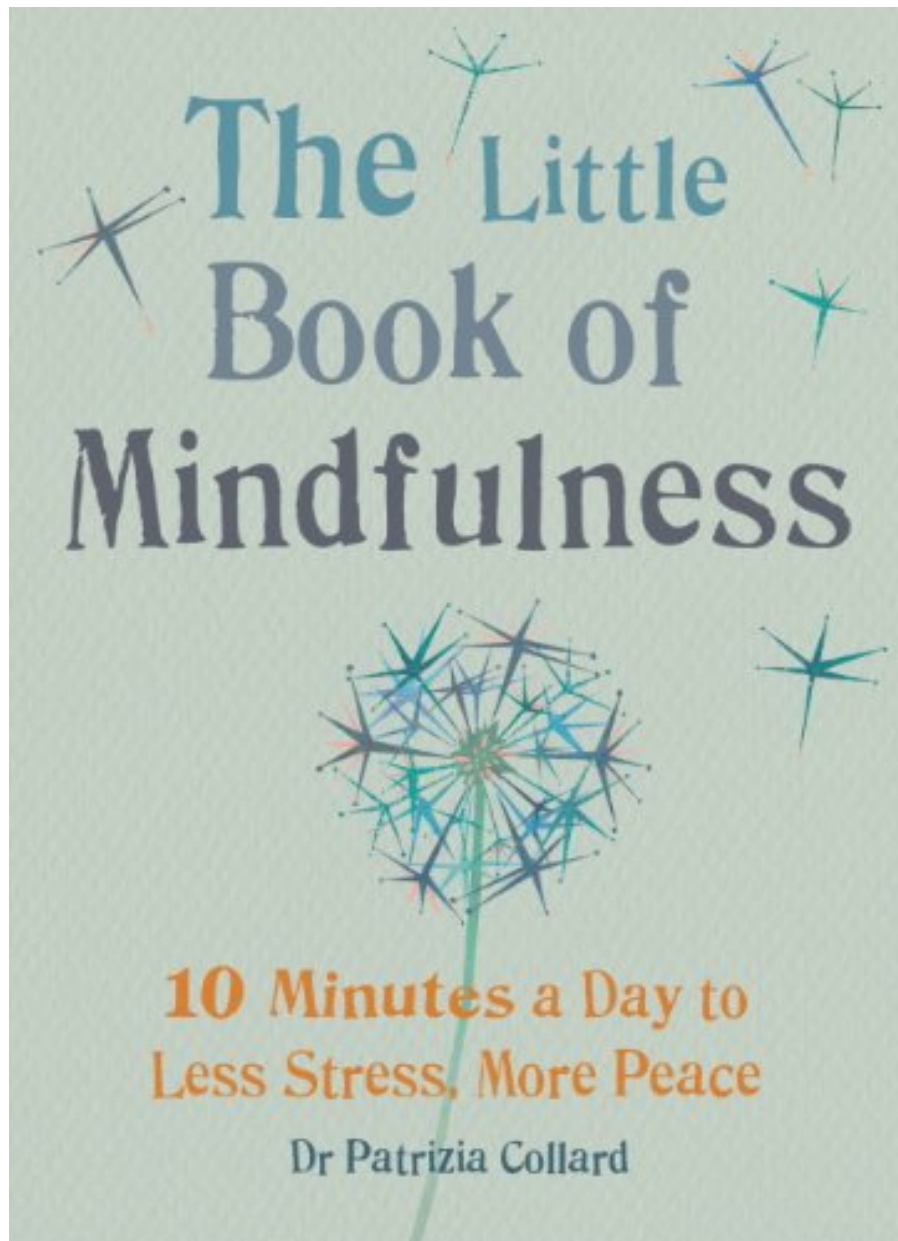


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## About the Author

Dr Patrizia Collard is a psychotherapist, mindfulness teacher, stress management consultant and lecturer in psychotherapy at the University of East London. Her books include *Journey into Mindfulness*, *Mindfulness-based Cognitive Behavioral Therapy for Dummies* and *Awakening the Compassionate Mind* (2014).

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Mindfulness is the easy way to gently let go of stress and be in the moment. It has fast become the slow way to manage the modern world - without chanting mantras or setting aside hours of time for meditation.

Dr Patrizia Collard will show you how to bring simple 5- and 10-minute practices into your day in order to free yourself from stress and, ultimately, find more peace in your life.

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## **CONTENTS:**

1. Being in the Now
2. Accept and Respond
3. Making Your Mind Up
4. Simply Be
5. Mindful Eating
6. Gratitude and Compassion
7. Everyday Mindfulness

- Sales Rank: #20768 in eBooks
- Published on: 2014-04-07
- Released on: 2014-04-07
- Format: Kindle eBook

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18 of 18 people found the following review helpful.

No frills, easy way to start mindfulness!

By Amazon Customer

Fast, easy, accessible way to start mindfulness. There are a lot of theory on mindfulness and there are a lot of readings out there that talk about the ideology much much more. However, this is great for on the go. And honestly, at the end of the day, it's not about how much you know, it's just about practicing mindfulness, which takes time, take practice to just get used to. I love the 5-10 min exercises just to get your day started and to take a break during the day. It's how I learned mindfulness initially, when I was just told to jump in. And this is helpful for that. No frills.

18 of 18 people found the following review helpful.

My grandson even looked through it and thought it might be something he'd like to read -- he's 8 years old

By Linda

I am continually on the look out for small mindfulness type books and this one fit the bill perfectly. My grandson even looked through it and thought it might be something he'd like to read -- he's 8 years old! Grandma is trying to teach him the importance of quiet time each day and gratitude.

14 of 14 people found the following review helpful.

Read it and begin your path to mental clarity and ...

By Tami Hesseltine

Read it and begin your path to mental clarity and calm. I am a high stress individual and this book gave me simple exercises to get my anxiety under control. Short read and little time needed for each exercise. Can fit into anyones schedule

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