

Mindfulness Pocketbook: Little Exercises for a Calmer Life

By Gill Hasson

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Follow-up to the bestselling Mindfulness: Be Mindful. Live in the Moment.

Gill Hasson, author of the bestselling *Mindfulness* is back and this time you can fit her advice in your pocket! This little book is packed with over 100 quick exercises, each dealing with a different situation, to help you get calm, collected, and balanced. So whenever you start to feel the stress mounting, reach for your *Mindfulness Pocketbook*, find the relevant exercise and instantly make life better!

So if you feel like life is moving too fast and you're struggling to keep up with constant demands and commitments, don't let anxiety and worry get the better of you — integrate these mindfulness exercises, practices, and reflections into your daily life and get in control and feel more confident, calm, and present. By progressing through the pocketbook, you will develop mindful ways of thinking and doing that will benefit a wide range of situations in your personal, social, and work life.

Slow down, take a deep breath, and take that step toward an easier and more manageable life. The Mindfulness Pocketbook will help you:

- Move in the direction of greater calm, balance, and wellbeing
- Increase your insight and awareness
- Break free from unhelpful thoughts and thinking patterns, feel more confident, and have better self-esteem
- Be more able to manage other people's demands, stress, anxiety, and worry

Experts increasingly recognise that developing mindfulness skills is an effective way to improve performance, reduce stress, enhance emotional intelligence, increase life satisfaction, and develop leadership skills. A mindful person consciously brings awareness to the here-and-now with openness, interest, and receptiveness. *Mindfulness Pocketbook* is the take-with-you guide to receptive, constructive thinking.

Mindfulness Pocketbook: Little Exercises for a Calmer Life By Gill Hasson Bibliography

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Editorial Review

Review

"It has been a great introduction to mindfulness" (PR Week, March 2015)

"Mindfulness Pocketbook is a valuable tool with advice and exercises that will help you not only in your personal life but your business one as well" (Entrepreneur Middle East, October 2015)

From the Back Cover

OVER 100 QUICK MINDFULNESS EXERCISES!

Do you feel life is moving too fast and you're struggling to keep up? It's time to start living in the moment, instead of constantly rushing through it.

SLOW DOWN. TAKE A DEEP BREATH.

Being mindful opens you up to new ideas and fresh ways of doing things, reducing stress and increasing your enjoyment of life. With over 100 quick mindfulness exercises, practices and reflections, *Mindfulness Pocketbook* shows you how to:

- Slow down, feel more grounded and in control
- Break free from negative thinking patterns
- Increase your awareness and get a sense of perspective
- Manage other people's demands

With this little book in hand you'll be able to make mindfulness a habit and have an easier and more manageable life.

About the Author

Gill Hasson works with people from a diverse backgrounds and situations. Her key motivation is her belief in the ability of people to positively change their way of thinking - about life, other people, and themselves. She works in adult education, is an associate tutor at the University of Sussex, and delivers training for QA, one of the UK's largest training providers, and Mumsnet, the UK's largest website for parents. She is a freelance journalist and writes articles on personal development and relationships for a variety of magazines, including *Psychologies* and *Take A Break*, and for a number of websites.

Users Review

From reader reviews:

Kathryn Robinson:

Nowadays reading books be than want or need but also get a life style. This reading practice give you lot of advantages. Associate programs you got of course the knowledge the actual information inside the book this improve your knowledge and information. The information you get based on what kind of reserve you read,

if you want attract knowledge just go with schooling books but if you want feel happy read one using theme for entertaining for instance comic or novel. Often the Mindfulness Pocketbook: Little Exercises for a Calmer Life is kind of reserve which is giving the reader unforeseen experience.

Andrew Martin:

This book untitled Mindfulness Pocketbook: Little Exercises for a Calmer Life to be one of several books that best seller in this year, that is because when you read this e-book you can get a lot of benefit into it. You will easily to buy this book in the book retail store or you can order it by means of online. The publisher of this book sells the e-book too. It makes you easier to read this book, because you can read this book in your Smartphone. So there is no reason to you to past this guide from your list.

Kerry Erdman:

Spent a free time for you to be fun activity to try and do! A lot of people spent their down time with their family, or all their friends. Usually they doing activity like watching television, gonna beach, or picnic inside the park. They actually doing same every week. Do you feel it? Will you something different to fill your personal free time/ holiday? Can be reading a book is usually option to fill your cost-free time/ holiday. The first thing you will ask may be what kinds of guide that you should read. If you want to test look for book, may be the guide untitled Mindfulness Pocketbook: Little Exercises for a Calmer Life can be fine book to read. May be it might be best activity to you.

Wayne McKnight:

This Mindfulness Pocketbook: Little Exercises for a Calmer Life is new way for you who has intense curiosity to look for some information because it relief your hunger details. Getting deeper you on it getting knowledge more you know or perhaps you who still having little digest in reading this Mindfulness Pocketbook: Little Exercises for a Calmer Life can be the light food for you because the information inside this particular book is easy to get by simply anyone. These books produce itself in the form that is certainly reachable by anyone, yeah I mean in the e-book contact form. People who think that in e-book form make them feel sleepy even dizzy this publication is the answer. So there is absolutely no in reading a guide especially this one. You can find what you are looking for. It should be here for anyone. So , don't miss the idea! Just read this e-book sort for your better life in addition to knowledge.

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