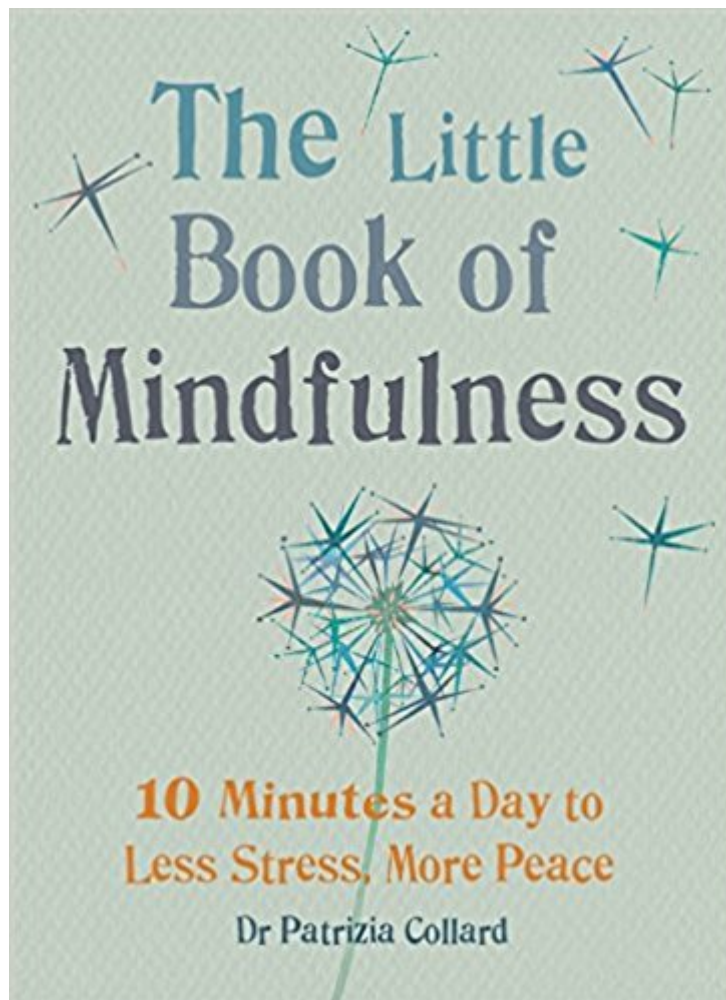




The book was found

# Little Book Of Mindfulness: 10 Minutes A Day To Less Stress, More Peace (MBS Little Book Of...)



## Synopsis

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 finding hours of special time to meditate. Bring these simple 5- and 10-minute practices into your day to find freedom from stress and ultimately, more peace in your life.

## Book Information

Series: MBS Little book of...

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## Customer Reviews

Delightful little book. \* Customer \* Patrizia Collard's depth of experience as a teacher and practitioner shines through. I love this little book! \* Customer \* The greatest 'little book' ever! Take my advice, buy it now and you will wonder how you ever managed without it! \* Customer \* Everyone should read this. Mindfulness is such a great way to live life to the full. \* Customer \*

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). Dr Collard's wide range of approaches and methodologies includes mindfulness-based cognitive behavioral therapy, rational emotive behavior therapy, core energy management, existential therapy, drama therapy, yoga and meditation, relaxation, and self-hypnosis. Dr Collard lives in South London.

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.

Perfect little book to keep on my nightstand along with several other spiritual tomes. A lot of useful info. Nice illustrations.

This book is so cute and peaceful! It's compact and great for road trips or just any time when you need something peaceful

for some reason I thought it was spiral bound - and would be even better if it was, but it's SMALL.. but has some great basic mindfulness ideas all put together according to how much time you have... It's well put together too, an adorable little book!

I like this little book because when I pick it up, I can't help but start to work on slowing down. It helps you focus on the now

the technique described in the book is an excellent method to deal with stress and anxiety. It explains easy exercises to achieve mindfulness. I found it very helpful with transitioning to a new job and completing my BSN.

Great for 5-10 minute mindfulness exercises, everyone is so busy but need to find balance, and this is great for a quick revive.

Like the book. Was expecting something along light reading. This is great, but kind of like a daily devotional.

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