MINDFULNESS FOR EVERY DAY

Simple Tips and Calming Quotes to Help You Live in the Moment

MINDFULNESS FOR EVERY DAY

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INTRODUCTION

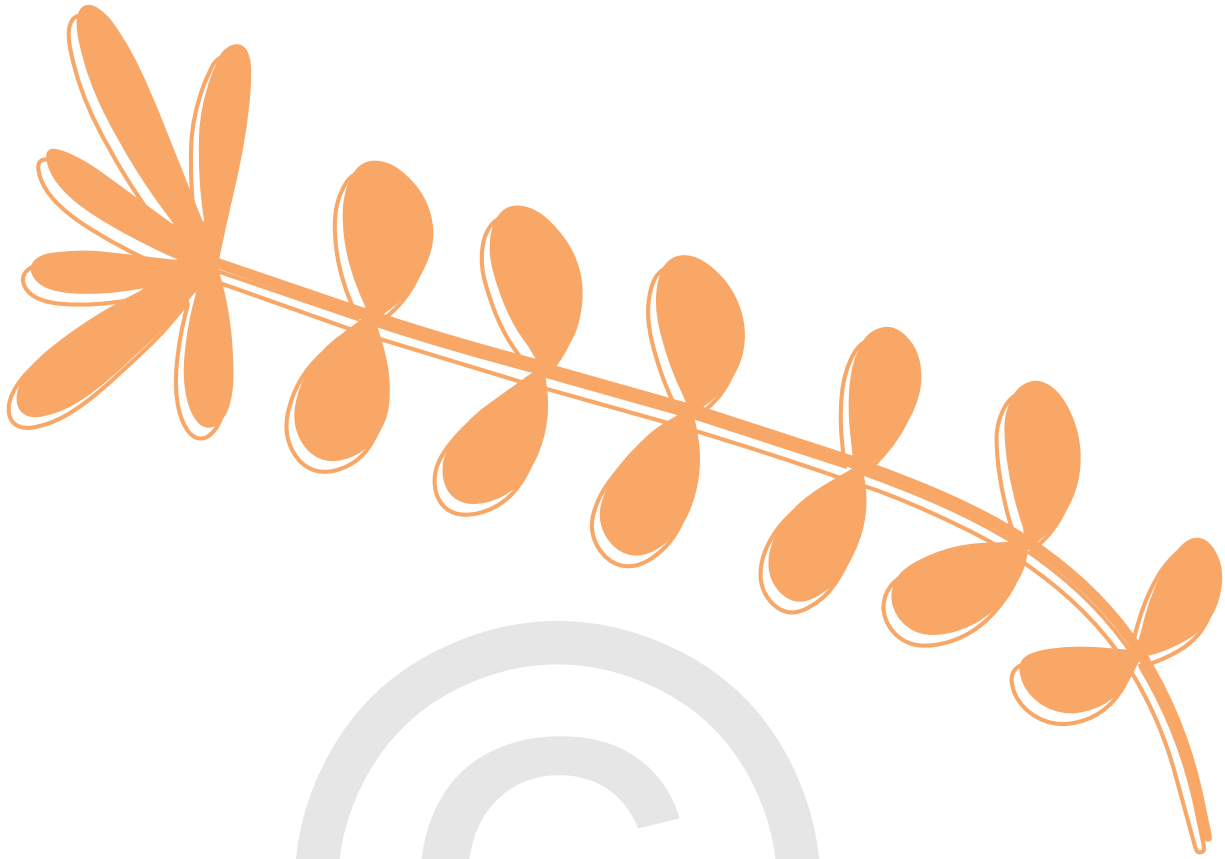
Welcome to *Mindfulness for Every Day.* You may have chosen this book because you want to feel less stressed, improve your quality of life or increase your focus. Whatever your motive, there is no doubt that practising mindfulness is one of the easiest and most effective solutions to bettering your life in many areas. Full of tips, advice and thoughtful quotes to help you embrace the power of the present moment, this book delivers all you need to make every day one of appreciation and peace. Happy reading!

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YOU SHOULDN'T CHASE AFTER THE PAST OR PLACE EXPECTATIONS ON THE FUTURE. WHAT IS PAST IS LEFT BEHIND. THE FUTURE IS AS YET UNREACHED.

Buddhist proverb

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THE PRESENT MOMENT IS FILLED WITH JOY AND HAPPINESS. IF YOU ARE ATTENTIVE, YOU WILL SEE IT.

Thích Nhất Hạnh

MINDFULNESS EXPLAINED

What exactly is mindfulness? Also known as present moment awareness, in simple terms, mindfulness is about focusing on the present moment. It is the practice of being fully aware of where you are and what you are doing, without becoming overwhelmed by everything that is happening around you. This is achieved by being totally conscious of your surroundings, emotions and thoughts, while concentrating

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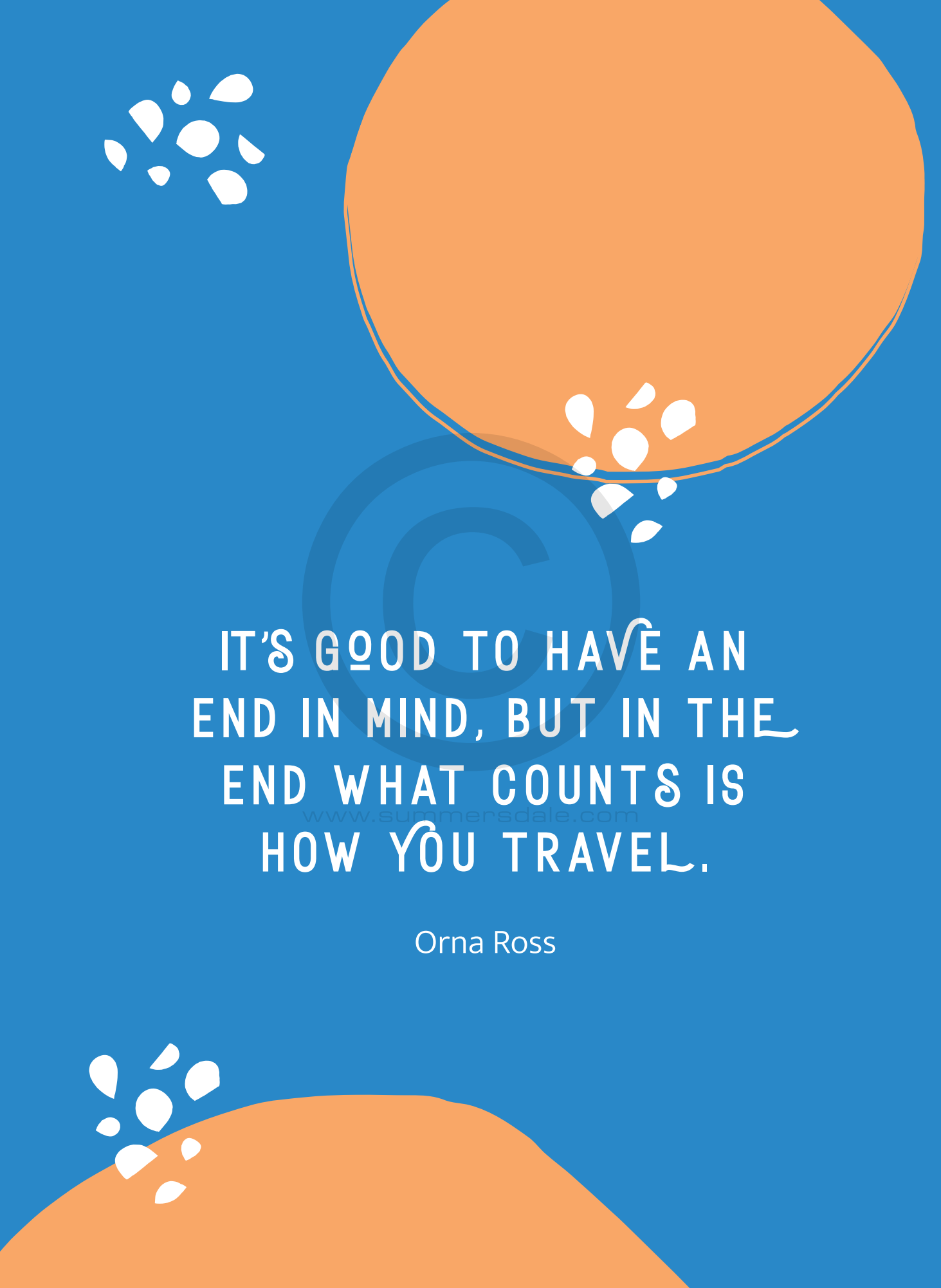
your attention on whatever is happening in the here and now. You might ask yourself, how will mindfulness benefit me? For one thing, it can help banish those niggling feelings of anxiety and tension that sometimes come along and threaten your peace of mind. Living mindfully brings many other rewards, including improved mood and strengthened mental health; these are covered in this book.

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"Mindfulness isn't difficult; we just need to remember to do it.

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Sharon Salzberg


IT'S GOOD TO HAVE AN END IN MIND, BUT IN THE END WHAT COUNTS IS HOW YOU TRAVEL.
Orna Ross

NO DISTRACTIONS

When you first start to practise mindfulness, eliminate distractions. Choose a peaceful space, switch off your phone and cut out as much external noise as possible. Focus on your breathing. Notice how each breath moves in and out of your body. If your mind starts to wander, bring your focus back to your breathing. The more you focus, the easier it gets.

If you notice that you're thinking ahead to what you're going to do next, gently nudge your attention back to the present. Although mindfulness is all about paying attention to what's happening around you right now, it doesn't mean shutting out every thought you have. Your mind doesn't come with an "off" switch. It is about dealing more creatively with those thoughts and experiencing life as it unfolds, moment by moment.

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THE POINT OF MINDFULNESS IS NOT TO GET RID OF THOUGHT BUT TO LEARN TO SEE THOUGHT SKILFULLY.

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Jack Kornfield