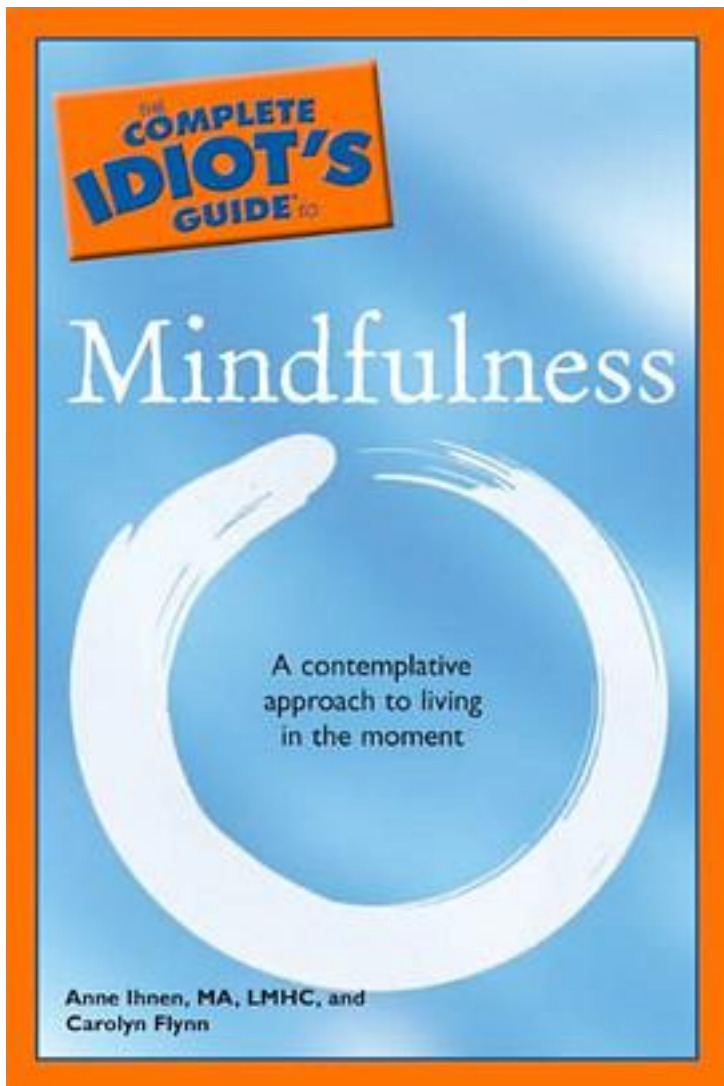


The Complete Idiot's Guide to Mindfulness



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Mind does matter.

This guide shows readers how to embrace the Buddhist concept of living in the moment to help them cope with the bombardment of information, anxiety, stress, and pressure in their days; heal both physical and emotional problems; and increase self-awareness. Readers will also learn how to sit, walk, and breathe mindfully to focus on the moment at hand; eat mindfully; heal relationships and decrease disappointment and frustration; listen deeply; and much more.

- A June 16, 2007, article in the New York Times , entitled “In the Classroom: A New Focus on Quieting the Mind,” detailed the use of mindfulness training in hospitals, corporations, professional sports, prisons, and now elementary schools

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