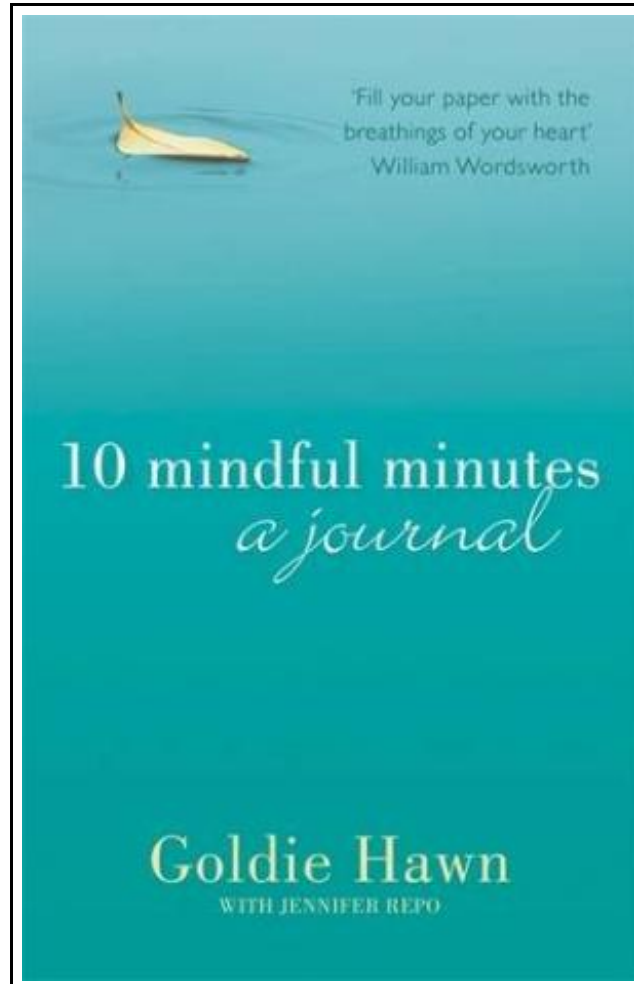


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Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, 10 Mindful Minutes: A Journal, Goldie Hawn, Inspired by Goldie Hawn's lifelong interest in mindfulness - and her belief in the value of self-reflection - this guided journal will help you gain a greater understanding of yourself and how the practice of mindfulness can enhance your daily life. Whether you are new to mindfulness or have been meditating for many years, these prompts, questions and simple meditations will inspire you to focus on specific qualities - from gratitude or optimism to anger or fear - that can be enhanced or helped by a meditative practice. With practical exercises and guidance, thoughtful quotes and Goldie's own reflections, this book demonstrates how we can begin to move towards a more connected, more present, happier life. In this book, Goldie Hawn shows how a passion for mindfulness can take root in practical action. She gives you a chance to bring to mind and reflect on how simple acts of gratitude and kindness can be a form of quiet heroism, helping you to deal more wisely with your own pain, anger and sorrow, and to be more available for others. Follow her wise guidance, and you may find that everyday living becomes an exciting path of discovery, benefiting yourself and those with whom you share your life. - Mark Williams, Emeritus Professor of Clinical Psychology, University of Oxford and co-author of the bestselling *Mindfulness: A practical guide to finding peace in a frantic world*.



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