



Mindfulness on the Go

By Padraig O Morain

Harlequin, United States, 2014. Paperback. Book Condition: New. 145 x 140 mm. Language: English . Brand New Book. Mindfulness in Minutes Who has time to meditate, chant in the lotus position or read spiritual tomes on finding inner calm? Relax! Mindfulness doesn't have to be another chore. It can be found on your morning commute, during your coffee break or when you're waiting in line at the grocery store. This user-friendly handbook is packed with tips to help you slow down, refocus and practice a form of mindfulness that fits into your hectic schedule. Whether you're at work, at home or traveling, Mindfulness on the Go will help you: - Stop wasting mental and emotional energy - Boost creativity - Manage stress, anxiety and anger Find those moments of peace and quiet--no yoga mat, chanting or incense required.



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