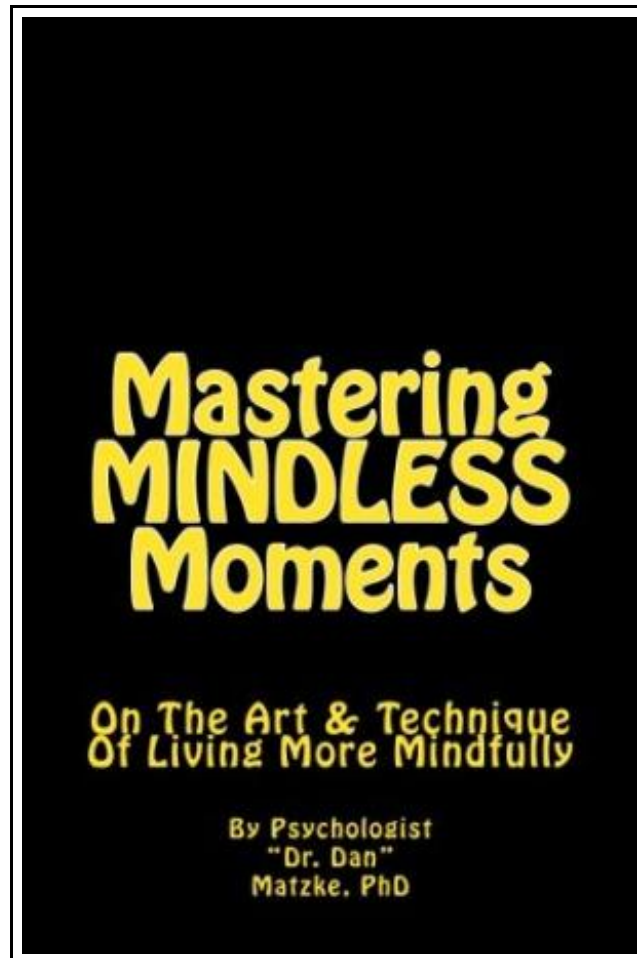


## Mastering Mindless Moments: On the Art Technique of Living More Mindfully



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Mastering MINDLESS Moments On The Art Technique Of Living More Mindfully By Psychologist Dr. Dan Matzke, PhD This book explores keys to mastering mindless moments. and pointers for living life more mindfully. While this is not an easy endeavor. many find it to be very worthwhile and meaningful. Mindless moments often last for only a few seconds to a few minutes. during which one may forget something. such as where you put down your keys. or not remembering to lock your car. or having an anger outburst. or saying something you regret later. or having an emotional meltdown. Other times mindless moments can last for extended periods of time (hours, days, weeks or longer). during which time one is not mindful of choices and commitments. such as new year s resolutions regarding diet exercise. or personal goals aspirations. or committing other acts of indiscretion. Some time later we wake up and come to our senses again. realizing that we have been operating in a mindless mode. . totally oblivious to our previous intentions and plans. or well-being. Most of the time these mindless moments have minimal consequences. However, sometimes they result in serious problems. such as when driving a car and becoming distracted or not paying full attention to the situation. resulting in an accident. or health problems due to mindless eating habits. TABLE OF CONTENTS Acknowledgements Disclaimer Introduction Mindlessness -vs- Mindfulness Some Practical Pointers Keys to Mastering Mindless Moments Some Psychological Pointers The Art Technique Of Living More Mindfully Some Philosophical Pointers Great Insights Realizations Uplifting Perspectives An Ode for Living Mindfully Addendum On Personal Effectiveness Seven Powerful Pointers Golden Guidelines For Life Living...



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