

***Mindfulness For Busy People Turning From Frantic And Frazzled
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Practicing Mindfulness for Busy People. Mindfulness helps to build intimacy, overcome fears, alleviate anxiety and support spirituality, she notes. The title of this post is inspired by a section in Russ Harris's book The Confidence Gap: A Guide to Overcoming Fear and Self-Doubt. In it, Harris, a physician and stress management therapist,...

Practicing Mindfulness for Busy People - Psych Central

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Pearson Education - Mindfulness for Busy People

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Mindfulness for Busy People Choose an activity to do mindfully throughout the day, for one, two or five minutes. For example: Drink a cup of tea. Walk. Wash the dishes. Whatever you are doing, be in that moment, right now. See, hear, smell, touch, feel, breathe. Simply notice whenever other thoughts and sensations come to mind, then re- ...

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