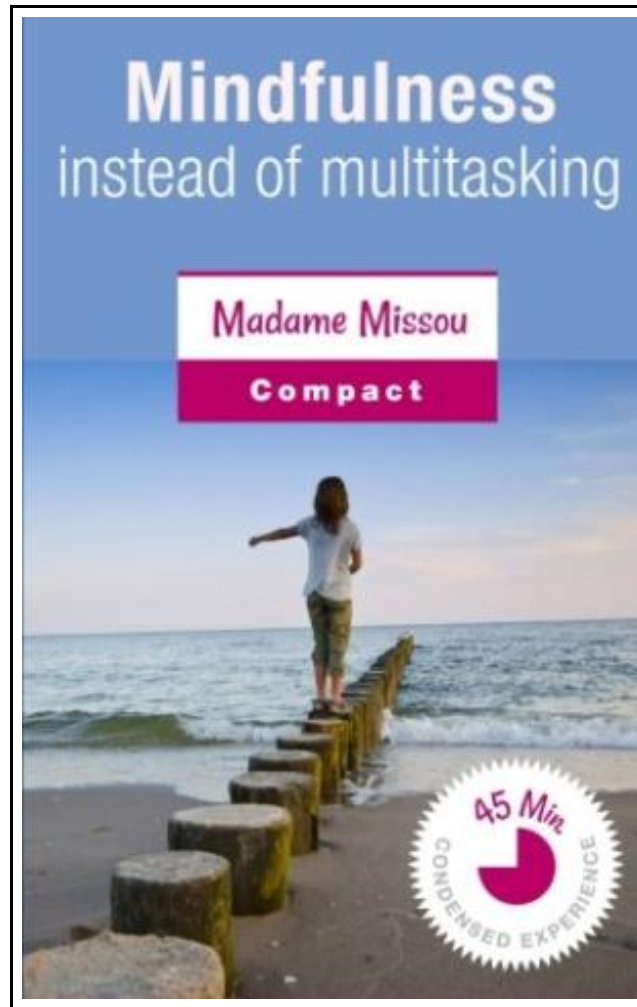


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CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 34 pages. Dimensions: 8.0in. x 5.0in. x 0.1in. About the book We cant multiply our time - we can only use it intensively and at present. This guidebook promotes a careful treatment with oneself and with others. Yet not only that: in a practical way it provides insight into the dangers of multitasking and gives suggestions for a more considerate and livable lifestyle. While you are reading you will have the chance to get onto the matter and to make surprising discoveries. You will get thought-provoking impulses on in which parts you will accomplish more success, life quality and easiness with the help of mindfulness. Whether in the job, family or in a relationship: a lifestyle based on mindfulness is beneficial - especially for yourself. It goes without saying that this little guide cant entirely fathom the whole aspect of mindfulness in 45 minutes of reading. Thus consider this book a helpful introduction and inspiration for the reader, who feels like knowing more. Some tips and advices may seem familiar to you. Some will certainly be new. Pick up whatever concerns you - or, in the best case, whatever touches you and start to build on that. Lets get started. . . Table of contents Mindfulness instead of multitasking: 1. Introduction 2. Multitasking as a lifestyle - prospects and problems 2. 1 Multitasking - desirable, fascinating, unnecessary or harmful 2. 2 Where does the term multitasking derive from 2. 3 Feeling vivacity 2. 4 Why is multitasking so dangerous 2. 5 Brain researches confirm: multitasking robs energy 2. 6 Self-consciousness and self-esteem diminish 2. 7 Parents and educators as multi-taskers 2. 8 Partnership, Friendship and Multitasking 2. 9 Multitasking and burn-out-syndrome 3. Why does the multitasking...



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