



# Mindfulness Pocketbook: Little Exercises for a Calmer Life

*Gill Hasson*

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# Mindfulness Pocketbook: Little Exercises for a Calmer Life

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**Mindfulness Pocketbook: Little Exercises for a Calmer Life** Gill Hasson  
**Follow-up to the bestselling Mindfulness: Be Mindful. Live in the Moment.**

Gill Hasson, author of the bestselling *Mindfulness* is back and this time you can fit her advice in your pocket! This little book is packed with over 100 quick exercises, each dealing with a different situation, to help you get calm, collected, and balanced. So whenever you start to feel the stress mounting, reach for your *Mindfulness Pocketbook*, find the relevant exercise and instantly make life better!

So if you feel like life is moving too fast and you're struggling to keep up with constant demands and commitments, don't let anxiety and worry get the better of you — integrate these mindfulness exercises, practices, and reflections into your daily life and get in control and feel more confident, calm, and present. By progressing through the pocketbook, you will develop mindful ways of thinking and doing that will benefit a wide range of situations in your personal, social, and work life.

Slow down, take a deep breath, and take that step toward an easier and more manageable life. The Mindfulness Pocketbook will help you:

- Move in the direction of greater calm, balance, and wellbeing
- Increase your insight and awareness
- Break free from unhelpful thoughts and thinking patterns, feel more confident, and have better self-esteem
- Be more able to manage other people's demands, stress, anxiety, and worry

Experts increasingly recognise that developing mindfulness skills is an effective way to improve performance, reduce stress, enhance emotional intelligence, increase life satisfaction, and develop leadership skills. A mindful person consciously brings awareness to the here-and-now with openness, interest, and receptiveness. *Mindfulness Pocketbook* is the take-with-you guide to receptive, constructive thinking.

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#### **William Smith:**

Spent a free the perfect time to be fun activity to try and do! A lot of people spent their down time with their family, or their own friends. Usually they performing activity like watching television, planning to beach, or picnic inside the park. They actually doing same task every week. Do you feel it? Do you wish to something different to fill your own free time/ holiday? Could be reading a book might be option to fill your free time/ holiday. The first thing that you will ask may be what kinds of e-book that you should read. If you want to attempt look for book, may be the reserve untitled Mindfulness Pocketbook: Little Exercises for a Calmer Life can be excellent book to read. May be it is usually best activity to you.

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