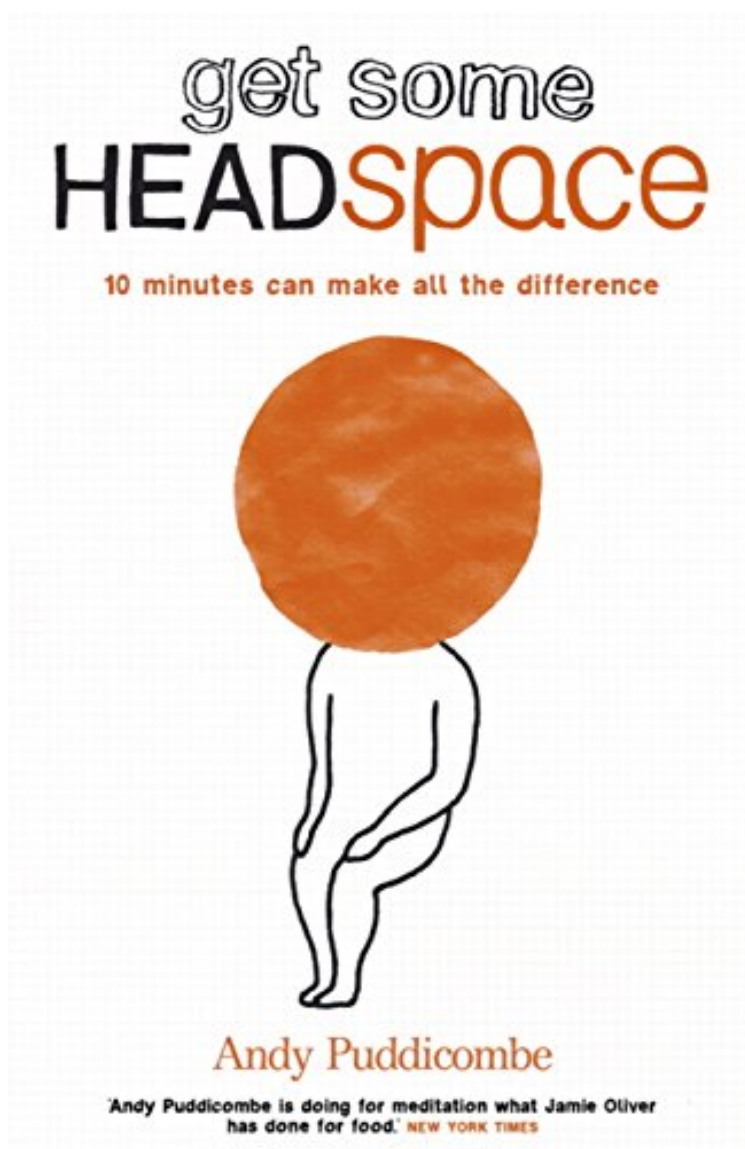


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The Headspace Guide to... Mindfulness Meditation: 10 minutes can make all the difference (English Edition)



Par Andy Puddicombe
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mind is the key to feeling less stressed, less tired and having a new level of calm and contentment.'
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Prsentation de l'diteurFirst published as Get Some Headspace, this reissue shows you how just 10 minutes of mediation per day can bring about life changing results.'It's kind of genius' Emma WatsonAndy Puddicombe, founder of the much publicised Headspace, is on a mission: to get people to take 10 minutes out of their day to sit in the here and now. Here he shares his simple to learn, but highly effective techniques of meditation. Accessible and portable, these powerful techniques promise amazing results. Quiet the mind, feel less stressed, less tired and achieve a new level of calm and fulfilment. By following the daily exercises you will start to experience literally life changing results. The benefits of mindfulness and meditation are now well documented with doctors advising their patients to give it a try. Andy brings this ancient practice into the modern world, tailor made for the most time starved among us. For beginners and seasoned meditators alike, here is the opportunity to harness and develop skills that will combat the negative symptoms of our fast paced world, and that once learned, will last a lifetime.Prsentation de l'diteurFirst published as Get Some Headspace, this reissue shows you how just 10 minutes of mediation per day can bring about life changing results.'It's kind of genius' Emma WatsonAndy Puddicombe, founder of the much publicised Headspace, is on a mission: to get people to take 10 minutes out of their day to sit in the here and now. Here he shares his simple to learn, but highly effective techniques of meditation. Accessible and portable, these powerful techniques promise amazing results. Quiet the mind, feel less stressed, less tired and achieve a new level of calm and fulfilment. By following the daily exercises you will start to experience literally life changing results. The benefits of mindfulness and meditation are now well documented with doctors advising their patients to give it a try. Andy brings this ancient practice into the modern world, tailor made for the most time starved among us. For beginners and seasoned meditators alike, here is the opportunity to harness and develop skills that will combat the negative symptoms of our fast paced world, and that once learned, will last a lifetime.Biographie de l'auteurAndy Puddicombe started learning to meditate at the age of 11, and explored various approaches throughout his teens. In his early twenties he decided to act on his hunch that there had to be more to life, and set off to Asia to become a Buddhist monk. He became a fully ordained monk at a Tibetan Monastery in the Indian Himalayas, and spent many years living in monasteries and retreats throughout the world.Andy returned to the UK in 2004 with one simple intention: to demystify meditation, to make it accessible, relevant and beneficial to as many people as possible. And thus the seeds of Headspace were sown.Andy is now a registered Clinical Meditation Consultant with the UK Healthcare Commission.