



Real World Mindfulness for Beginners: Navigate Daily Life One Practice at a Time

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This book offers practical mindfulness techniques from a wonderful range of wise voices for anyone seeking guidance through timeless topics like difficult emotions and painful habit patterns.

SHARON SALZBERG, *New York Times* bestselling author of *Lovingkindness* and *Real Happiness*

Major changes are a part of life; yet dealing with them can be overwhelming. Endorsed by the National Institute for the Clinical Application of Behavioral Medicine, mindfulness is a simple way to gently help you become more present with the challenges you face and navigate difficulties with more clarity and courage.

The guidance presented in *Real-World Mindfulness for Beginners* has been praised by today's leading voices on mindfulness. Particularly helpful to those who are new to mindfulness, *Real-World Mindfulness for Beginners* offers knowledge that is easy to understand and techniques that can be applied immediately. Each chapter offers mindfulness practices that are specific to common challenges such as dealing with anxiety and stress, managing anger and hurt, and coping with grief and loss.

In *Real-World Mindfulness for Beginners*, you'll find:

- Mindfulness practices that are most applicable to your current need
- Easy mindfulness practices that take only minutes or even seconds
- Tips that modify mindfulness practices to inspire new experiences

Through the practices in *Real-World Mindfulness for Beginners* you'll unearth the quiet strength within to handle life's curve balls as they come, wherever you may be.

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