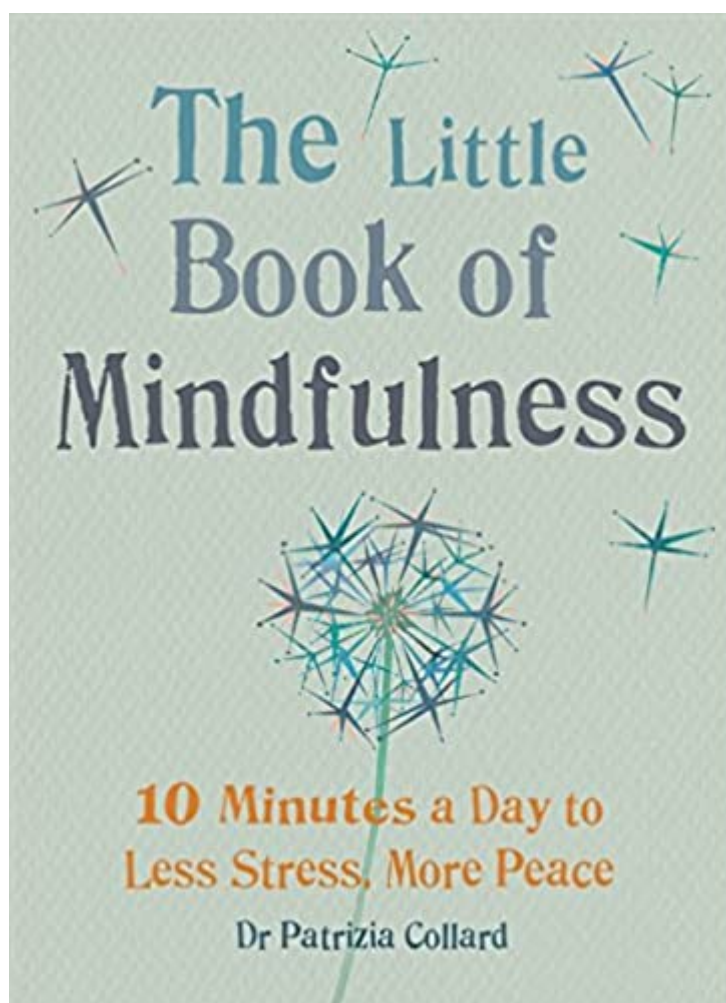


The book was found

# Little Book Of Mindfulness: 10 Minutes A Day To Less Stress, More Peace (MBS Little Book Of...)



## Synopsis

Mindfulness is the easy way to gently let go of stress and be in the moment. It has fast become the slow way to manage the modern world - without chanting mantras or finding hours of special time to meditate. Bring these simple 5- and 10-minute practices into your day to find freedom from stress and ultimately, more peace in your life.

## Book Information

Series: MBS Little book of...

Flexibound: 96 pages

Publisher: Gaia (May 27, 2014)

Language: English

ISBN-10: 1856753530

ISBN-13: 978-1856753531

Product Dimensions: 4.2 x 0.5 x 6 inches

Shipping Weight: 4.2 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 185 customer reviews

Best Sellers Rank: #3,818 in Books (See Top 100 in Books) #38 in [Books > Health, Fitness & Dieting > Alternative Medicine > Meditation](#) #67 in [Books > Health, Fitness & Dieting > Mental Health > Happiness](#) #113 in [Books > Religion & Spirituality > New Age & Spirituality](#)

## Customer Reviews

Delightful little book. \* Customer \* Patrizia Collard's depth of experience as a teacher and practitioner shines through. I love this little book! \* Customer \* The greatest 'little book' ever! Take my advice, buy it now and you will wonder how you ever managed without it! \* Customer \* Everyone should read this. Mindfulness is such a great way to live life to the full. \* Customer \*

Dr Patrizia Collard is a psychotherapist, mindfulness teacher, stress management consultant and lecturer in psychotherapy at the University of East London. Her books include *Journey into Mindfulness*, *Mindfulness-based Cognitive Behavioral Therapy for Dummies* and *Awakening the Compassionate Mind* (2014). Dr Collard's wide range of approaches and methodologies includes mindfulness-based cognitive behavioral therapy, rational emotive behavior therapy, core energy management, existential therapy, drama therapy, yoga and meditation, relaxation, and self-hypnosis. Dr Collard lives in South London.

Fast, easy, accessible way to start mindfulness. There are a lot of theory on mindfulness and there are a lot of readings out there that talk about the ideology much much more. However, this is great for on the go. And honestly, at the end of the day, it's not about how much you know, it's just about practicing mindfulness, which takes time, take practice to just get used to. I love the 5-10 min exercises just to get your day started and to take a break during the day. It's how I learned mindfulness initially, when I was just told to jump in. And this is helpful for that. No frills.

Perfect little book to keep on my nightstand along with several other spiritual tomes. A lot of useful info. Nice illustrations.

This book is so cute and peaceful! It's compact and great for road trips or just any time when you need something peaceful

for some reason I thought it was spiral bound - and would be even better if it was, but it's SMALL.. but has some great basic mindfulness ideas all put together according to how much time you have... It's well put together too, an adorable little book!

I like this little book because when I pick it up, I can't help but start to work on slowing down. It helps you focus on the now

the technique described in the book is an excellent method to deal with stress and anxiety. It explains easy exercises to achieve mindfulness. I found it very helpful with transitioning to a new job and completing my BSN.

Great for 5-10 minute mindfulness exercises, everyone is so busy but need to find balance, and this is great for a quick revive.

Like the book. Was expecting something along light reading. This is great, but kind of like a daily devotional.

[Download to continue reading...](#)

Little Book of Mindfulness: 10 minutes a day to less stress, more peace (MBS Little book of...) Little Book of Inner Peace: Simple practices for less angst, more calm (MBS Little book of...) Meditation Techniques: Complete Guide to Relieving Stress, Mindfulness, Happiness and Peace (Meditation

Made Easy For Beginners, How To Reduce Stress, Anxiety, Restore Confidence and Inner Peace)  
Mindfulness: Mindfulness for Beginners: How to Live in The Present, Stress and Anxiety Free  
(FREE Bonus Gift Included) (Mindfulness, Meditation, Buddhism, Zen) The Little Book of Gratitude:  
Create a life of happiness and wellbeing by giving thanks (MBS Little book of...) The Headspace  
Guide to Meditation and Mindfulness: How Mindfulness Can Change Your Life in Ten Minutes a Day  
Meditation for Beginners: Ultimate Guide to Relieve Stress, Depression and Anxiety (Meditation,  
Mindfulness, Stress Management, Inner Balance, Peace, Tranquility, Happiness) Mindfulness: A  
Step-By-Step Beginners Guide on Living Your Everyday Life with Peace and Happiness by  
Becoming Stress Free (Buddhism - Stop Your Worries, ... Your Stress and Anxiety with Meditation)  
Mindfulness: How To Be In The Present Moment Everywhere In Your Everyday Life, 2.0 (FREE  
Bonus Included) (Mindfulness For Beginners, Meditation, Finding Peace, Present moment) The  
Mindfulness Coloring Book: Anti-Stress Art Therapy for Busy People (The Mindfulness Coloring  
Series) Less Mess Less Stress: Minimalist Routines To Declutter Your Environment, Unload Your  
Mind And Optimize Your Day Less Mess Less Stress: Minimalist Techniques to Declutter Your  
Environment, Unload Your Mind and Optimize Your Day High Trust Selling: Make More Money in  
Less Time with Less Stress High Trust Selling (Library Edition): Make More Money in Less Time  
with Less Stress Peace of Mindfulness: Everyday Rituals to Conquer Anxiety and Claim Unlimited  
Inner Peace Yoga: The Yoga Beginner's Bible: Top 63 Illustrated Poses for Weight Loss, Stress  
Relief and Inner Peace (yoga for beginners, yoga books, meditation, mindfulness, ... self help,  
fitness books Book 1) Mindfulness: A Step-by-Step Beginners Guide on Living Your Everyday Life  
with Peace and Happiness by Becoming Stress Free The Stress Reduction Workbook for Teens:  
Mindfulness Skills to Help You Deal with Stress (An Instant Help Book for Teens) Natural Meals In  
Minutes - High-Fiber, Low-Fat Meatless Storage Meals-in 30 Minutes or Less! Low Carb: In 20  
Minutes - Over 60 Easy One Skillet Recipes in 20 Minutes Or Less (Low Carb Cookbook, Low Carb  
Diet Cookbook, Low Carb Cookbooks)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)