

Télécharger Livres Gratuit The Headspace Guide to... Mindfulness & Meditation (PDF | ePub | Mobi) Andy Puddicombe DataBase Book



'If you're thinking about trying mindfulness, this is the perfect introduction....I'm grateful to Andy for helping me on this journey.' **BILL GATES**

'It's kind of genius' **EMMA WATSON**

Feeling stressed about Christmas/Brexit/everthing? Try this...

Demystifying meditation for the modern world: an accessible and practical route to improved health, happiness and well being, in as little as 10 minutes.

Andy Puddicombe, founder of the celebrated **Headspace**, is on a mission: to get people to take **10 minutes** out of their day to sit in the now. Here he shares his simple to learn, but highly effective techniques of meditation.

- * Rest an anxious, busy mind
- * Find greater ease when faced with difficult emotions,

thoughts, circumstances

- * Improve focus and concentration
- * Sleep better
- * Achieve new levels of calm and fulfilment.

The benefits of mindfulness and meditation are well documented and here Andy brings this ancient practice into the modern world, tailor made for the most time starved among us.

First published as *Get Some Headspace*, this reissue shows you how just 10 minutes of mediation per day can bring about life changing results.

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