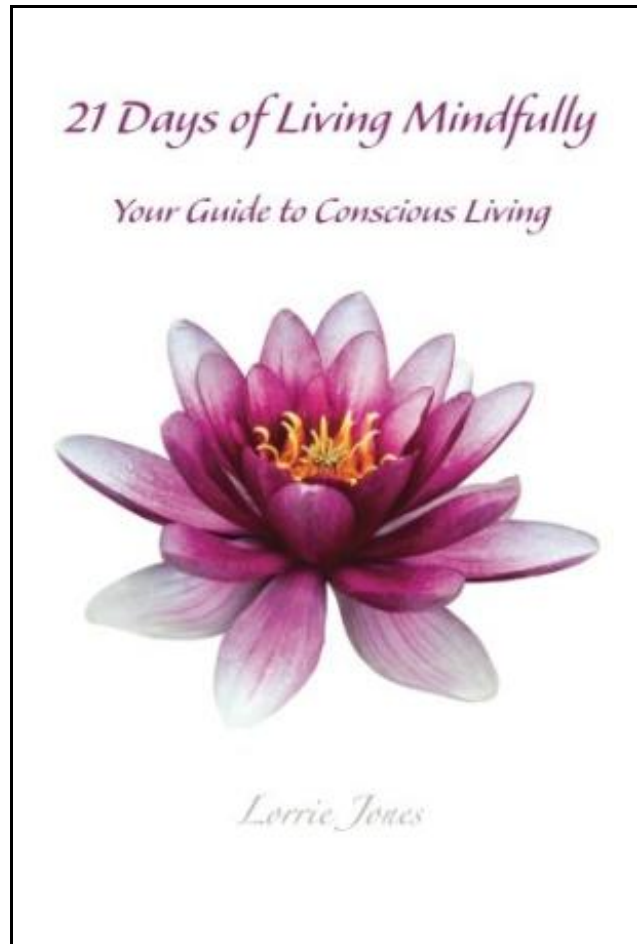


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21 DAYS OF LIVING MINDFULLY: YOUR GUIDE TO CONSCIOUS LIVING (PAPERBACK)



Artisan Bookworks, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Living mindfully is a loving, wholehearted invitation to embrace all of life in a new and more intimate way. It is about slowing down and looking at life without judgment or criticism. It is about being vulnerable, authentic and true to ourselves. It is an opportunity to, once and for all, learn to let go of concepts, ideas, and opinions that keep us grasping for something other than what is and to cultivate mindfulness and mindful living: to wake up and live in harmony with oneself and the world. Most of all, mindful living is being in touch - being fully present and opening ourselves to living in acceptance, gratitude, and love. This book draws from an accumulation of research, training and life experiences - including certification in Mindfulness from the UMass Medical School Center for Mindfulness and most recently, certification in Hakomi Therapy. My hope is you will find the information shared in the following pages relevant to your own life and that we, together, can create a more peaceful and loving world, one mindful person at a time. Lorrie Jones, MBSR CHT BSN and founder of Simple Serenity, provides education, consultation, and coaching - integrating the most effective principles and practices of Mindfulness and Hakomi therapies - encompassing a mind-body approach to health and wellness. -- Learn more about Lorrie s other 21-day guidebooks, 21 Days of Eating Mindfully: Your Guide to a Healthy Relationship with Yourself and Food, and 21 Days of Parenting Mindfully: Your Guide to Raising a Mindful Child.



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