



Mindfulness on the Go (Shambhala Pocket Classic): Simple Meditation Practices You Can Do Anywhere

Jan Chozen Bays

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A pocket-sized collection of mindfulness practices anyone can do anytime--from the author of *Mindful Eating*.

Mindfulness can reduce stress, improve physical health and quality of life, and give you deep insight. Meditation practice is one way to do it, but not the only way. In fact, there are easy ways to fit it into your everyday life. Jan Chozen Bays provides here 25 practices that can be used on the go to cultivate mindfulness. The three-breath practice, the mindfulness of entering rooms, offering compliments, tasting your food one careful bite at a time--these deceptively simple practices can have a cumulative effect for the better. The book is an abridgment of Bays's longer collection *How to Train a Wild Elephant: And Other Adventures in Mindfulness*.

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