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Shamash Alidina

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A cutting-edge meditation therapy that uses self-control techniques, mindfulness has taken off across the globe as a way of overcoming negative thoughts and emotions and achieving a calmer, more focused state of mind. Written by a professional mindfulness trainer, this practical guide covers the key self-control techniques designed to help you achieve a more focused and contented state of mind, while maximizing the health benefits of mindfulness—from reducing stress, anxiety, and high blood pressure to overcoming depression and low self-esteem and battling chronic pain and insomnia.

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Meditation is a great way to reduce stress, increase energy, and enjoy better health. It is believed to result in a state of greater calmness and physical relaxation, and psychological balance. Plus, practicing meditation can change how you relate to the flow of emotions and thoughts in your everyday life. This fun and easy guide has long been a favorite with meditation newcomers . . . and now it's even better. *Meditation For Dummies* offers a newly recorded bonus CD (available for download after purchase) featuring more than 70 minutes of music and guided meditations that are keyed to topics in the book, from tuning in to your body, transforming suffering, and replacing negative patterns to grounding yourself, consulting the guru within, and finding a peaceful place.

50 Ways to a Better You, Mini Edition

Now, you can find the happiness you want and live "the good life" you deserve by applying the helpful information in this easy-to-follow guide. You'll discover proven techniques for living a meaningful, healthy, and productive life no matter what your life circumstances happen to be. You'll learn why having positive emotions can improve your health and well-being. Plus, you will find out what happiness isn't and how to avoid confusing happiness with culturally valued outcomes like wealth, power, and success. Pursue what you want, seize the day, find benefits in life's challenges, and live a happy lifestyle.

About the Author of Mindfulness For Dummies

Shamash Alidina is a professional mindfulness trainer, speaker and coach specializing in mindfulness training for therapists, coaches and executives, as well as the general public. He has trained with Jon Kabat-Zinn, Thich Nhat Hanh and Matthieu Ricard, and at Bangor University's Centre for Mindfulness. He has

over ten years of experience in teaching mindfulness.

About the Author of Meditation For Dummies, 3rd Edition

Stephan Bodian, a licensed psychotherapist and former editor-in-chief of Yoga Journal, has practiced and taught meditation for over 40 years and has written extensively on meditation, stress management, and spirituality. His articles have appeared in *Fitness*, *Cooking Light*, *Natural Solutions*, and other national magazines.

About the Author of 50 Ways to a Better You For Dummies, Mini Edition

W. Doyle Gentry, PhD, is a clinical psychologist whose "scientist-practitioner" career spans almost four decades. Dr. Gentry is a distinguished Fellow in the American Psychological Association and is the Founding Editor of the Journal of Behavioral Medicine. He has authored over 100 scholarly works, has edited eight textbooks, and has authored three self-help books, including *Happiness For Dummies*.

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