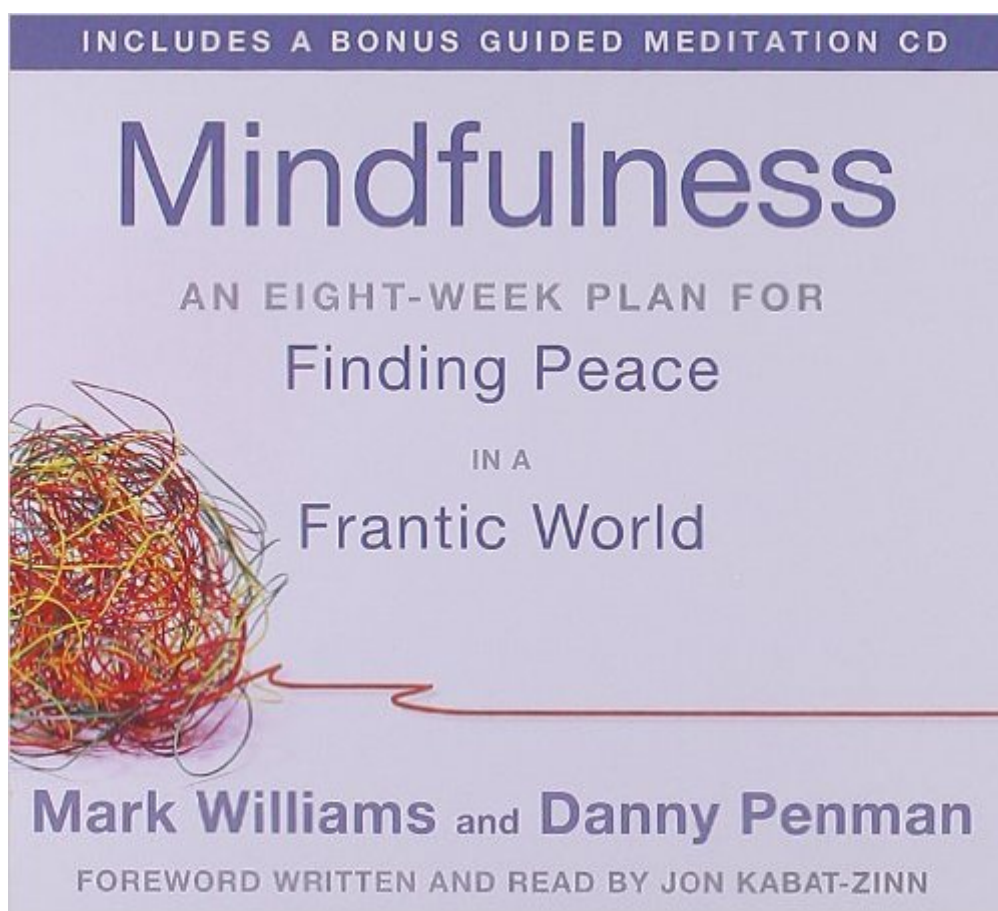


The book was found

# Mindfulness



## Synopsis

Everyday life is so frantic and full of troubles that we have largely forgotten how to live a joyful existence. We try so hard to be happy that we often end up missing the most important parts of our lives. In *Mindfulness*, Oxford professor Mark Williams and award-winning journalist Danny Penman reveal the secrets to living a happier and less anxious, stressful, and exhausting life. Based on the techniques of Mindfulness-Based Cognitive Therapy, the unique program developed by Williams and his colleagues, the book offers simple and straightforward forms of mindfulness meditation that can be done by anyone—and it can take just 10 to 20 minutes a day for the full benefits to be revealed.

## Book Information

Audio CD

Publisher: Macmillan Audio; Abridged edition (November 22, 2011)

Language: English

ISBN-10: 1427217165

ISBN-13: 978-1427217165

Product Dimensions: 5.5 x 0.5 x 5 inches

Shipping Weight: 0.8 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars— See all reviews— (354 customer reviews)

Best Sellers Rank: #188,788 in Books (See Top 100 in Books) #69 in Books > Books on CD > Health, Mind & Body > Relaxation & Meditation #76 in Books > Books on CD > Health, Mind & Body > Meditation #244 in Books > Books on CD > Health, Mind & Body > Personal Growth

## Customer Reviews

Initial Review 12/14/2010: Let me begin by saying that I have always been a huge skeptic about mindfulness, meditation, and anything else along those lines. That is until I began seeing all of the new scientific research on the subject and the new theory of brain plasticity...how people can literally change their brains no matter how old they are. This research was enough to convince me to give mindful meditation a try. Staying with the theme of the science of meditation, I chose *The Frantic World* book because the program was created by a team of PhD scholars from respected universities, such as Oxford, Cambridge, UMass, etc. Interestingly, the main author of this book, Mark Williams, was a skeptic when he started researching the subject as well. Not any more. I am currently on week eight of the plan and I can tell you that I absolutely have noticed a difference. Not only do I feel calmer in situations that used to bother me the past physically, but I am also learning how to treat myself with more compassion, get out of autopilot and break many of my bad habits,

and how to face my fears head on rather than avoiding them and actually making things worse. I have gone from a complete skeptic to someone who plans to continue to practice mindfulness for the rest of my life. I'm not going to sugarcoat things and say that it's easy to find the time to meditate. It's not. One has to work hard to make sure that they find the half hour or so per day that they need to dedicate to the practice. That's not easy with work, kids, and life in general. I promise you though that it's definitely worth the time that you put in. I've never written a product review about anything on or any other site for that matter before.

In my life I have had a tendency to over think things and have found that often the simplest solution is the answer to life's problems. For years I have struggled with ADHD and a mind that races 900mph all the time. I have suffered from numerous bouts of depression, restlessness, anxiety, and a general sense that most of my life has been wasted waiting for something good to happen. Despite a high degree of intelligence and creativity, I have felt unable to make any progress on the projects I know would change my life for the better. After repeated attempts to discuss these issues with my doctors I had almost given up hope when I heard professor Mark Williams on the public radio program Science Friday discussing his book. I ordered the book and have begun to follow the 8 week plan and already I can see major changes in my mood, attitude and general happiness regarding my life. I am better able to focus on my work and get much less overwhelmed in public. Things like wild, loud, obnoxious kids at the grocery store, crying babies in restaurants or inconsiderate people in public amplified by my ADHD would cause me to become angry to the point I would freak out in public. This has not been the case since I have started the 8 week program. I HIGHLY recommend this book as a means of not only calming your thoughts and to help you focus on your life and the things that truly matter, but more importantly to maximize your happiness and enjoyment of the years you have left to you. This is truly the easiest way I have seen to change your thinking and turn you from someone who is "pre-living the future and re-living the past" to someone who can effectively live in the moment. My only complaint is that I purchased the book and it did not come with a CD of the guided meditations.

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

Creative Animals Coloring Book: The Mindfulness Animal Coloring Book for Adults (Mindfulness Coloring Book, Art Therapy Coloring Book) (Volume 1) The Mindfulness Coloring Book: Anti-Stress Art Therapy for Busy People (The Mindfulness Coloring Series) The Mindfulness Coloring Engagement Calendar 2017: Color Your Way to Calm Week by Week (The Mindfulness Coloring Series) Guided Mindfulness Meditation: A Complete Guided Mindfulness Meditation Program from

Jon Kabat-Zinn Mindfulness: 50 Easy Mindfulness Exercises for Beginners to Live in the Moment  
and the Art of Letting Go Dot To Dot Mindfulness Mandalas: Relaxing, Anti-Stress Dot To Dot  
Patterns To Complete & Colour A Snarky Mandala Coloring Book: Mandalas? Meh.: A Unique  
Funny Adult Coloring Book For Men & Women Featuring Mindfulness Mandalas & Easy To  
Complex ... Stress Relief & Art Color Therapy) (Volume 1) Dad Life: A Manly Adult Colouring Book:  
A Unique Funny Adult Colouring Book For Men Fathers & Dads With Mindfulness Mandalas, Easy  
Stress Relieving ... Stress Relief & Art Colour Therapy) A Snarky Mandala Coloring Book: More  
Mandalas?!? Ugh.: A Unique Funny Adult Coloring Book For Men & Women Featuring Mindfulness  
Mandalas & Easy To ... Stress Relief & Art Color Therapy) (Volume 2) Master Mandalas: A Mandala  
Coloring Book: A Unique Mindfulness Workbook & Zen Adult Coloring Book For Men Women Teens  
Children & Seniors Featuring ... Relaxation Stress Relief & Art Color Therapy) Ornamental  
Mandalas: 30 Meditative Coloring Patterns for Stress Relief and Mindfulness Really RELAXING  
Colouring Book 7: Mindfulness Mandalas: A Meditative Adventure in Colour and Pattern (Really  
RELAXING Colouring Books) (Volume 7) MINDFULNESS Coloring Book: Relaxation Series :  
Coloring Books For Adults, coloring books for adults relaxation, coloring book for grown ups,  
COLORAMA Coloring Book (Volume 1) Color By Numbers - Mindfulness (Chartwell Coloring Books)  
Adult Coloring Books: Mindfulness Mandalas: A mandala coloring book for adult relaxation featuring  
stress relieving coloring pages for adults including henna flowers geometric & animal designs  
Mindfulness for Beginners Mindfulness Meditation for Pain Relief: Guided Practices for Reclaiming  
Your Body and Your Life Mindfulness & Calm: Adventures in Ink & Imagination 2017 (Art Calendar)  
Dad Life: A Manly Adult Coloring Book: A Unique Funny Adult Coloring Book For Men Fathers &  
Dads With Mindfulness Mandalas, Easy Stress Relieving ... Relaxation Stress Relief & Art Color  
Therapy) Creative Fancy Cats Coloring Book: Cats Adult Coloring Book for Mindfulness and  
Relaxation (Adult Coloring Book Animals, Creative Cats, Adult Coloring Book Cats) (Volume 1)

[Dmca](#)