



## Mindful Awareness and Strategy: A Basic Mindfulness Toolkit (Paperback)

By Janet Sims

Basic Mindfulness Portland, LLC, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Are you intimidated by getting started in a mindfulness practice? Would you like to take your meditation practice to a deeper level? Or offer your clients or students a simple, successful approach to achieving greater awareness? Based on her 30+ years as a meditator and psychologist, Dr. Janet Sims skillfully introduces her readers to unique strategies for paying attention in *Mindful Awareness and Strategy: A Basic Mindfulness Toolkit*. The Toolkit provides specific exercises for building awareness, strategies for using mindfulness for challenges like chronic anxiety and fear, and flexible and focused guidelines for choosing effective mindfulness tools to implement immediately in everyday life. Case examples offer unique insights for individuals learning these skills and valuable professional strategies for therapists teaching them to clients. The resulting volume is an invaluable resource for anyone wanting to know how to put mindfulness to practical use. Starting with just ten minutes of practice a day, the Toolkit offers a fresh, do-it-yourself alternative to programs expecting an up-front commitment of hours or weeks of practice. Using an abbreviated version of the mindful awareness training system of Shinzen...



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