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## The Mindful Day: Practical Ways to Find Focus, Build Energy, and Create Joy 24/7 (Hardback)

By Laurie Cameron

National Geographic Society, United States, 2018. Hardback. Condition: New. Language: English . Brand New Book. Combining contemplative traditions, modern neuroscience, and psychology, this engaging, relatable book is the ultimate how-to guide for overscheduled adults looking to bring peace and focus to their daily lives at home, in the workplace, and beyond. At the pinnacle of the digital age, it's hard to imagine packing one more thing into our overwhelmed lives. But new research shows that simple daily exercises can change the way our brain works, improve focus, lift our mood, create stronger connections, and help us develop greater resilience. In this enriching book, noted teacher and mindfulness expert Laurie Cameron provides an everyday road map to cultivate inner peace and navigate any situation with control and clarity. Timeless teachings and straightforward practices designed for busy schedules--from the morning commute to back-to-back meetings to family dinners--show how mindfulness can transform life at home, in the workplace, and beyond. A personal guide for women who have leaned in, men who want to be more effective, and professionals looking to optimize their lives, this book will help readers lead their lives with intention and purpose. \* BROAD AUDIENCE: Written to appeal to...



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