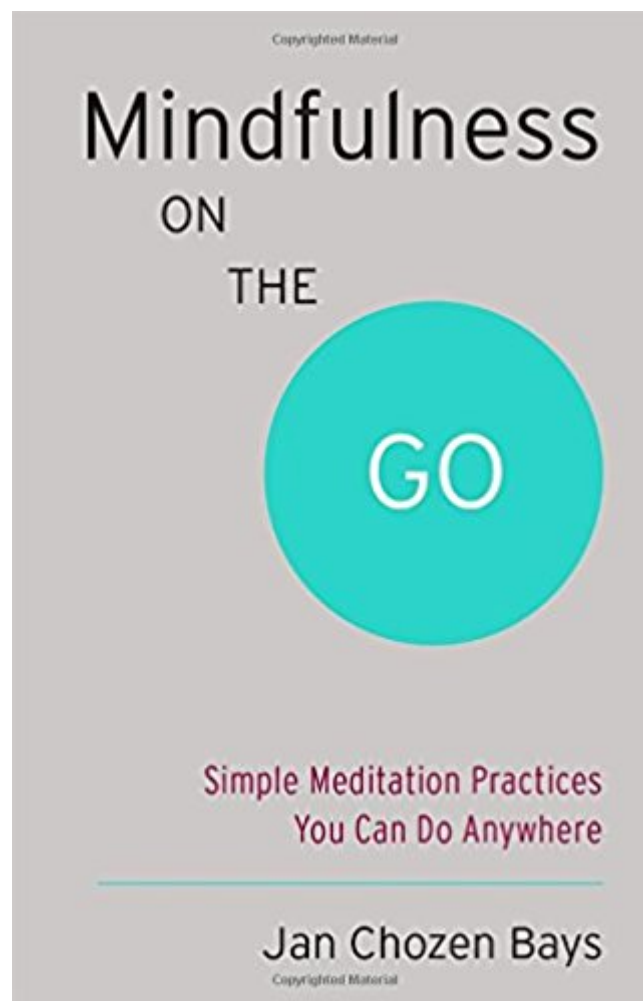




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Mindfulness On The Go (Shambhala Pocket Classic): Simple Meditation Practices You Can Do Anywhere



Synopsis

Mindfulness practices anyone can do anytime. If you've heard about the many benefits of mindfulness practice but think you don't have time for it in your busy life, prepare to be proven delightfully wrong. Mindfulness is available every moment, including right now, as Zen teacher Jan Chozen Bays shows with these twenty-five mindfulness exercises that can be done anywhere. Use them to cultivate the gratitude and insight that come from paying attention with body, heart, and mind to life's many small moments.

Book Information

Series: Shambhala Pocket Classics

Paperback: 248 pages

Publisher: Shambhala; Poc edition (December 2, 2014)

Language: English

ISBN-10: 1611801702

ISBN-13: 978-1611801705

Product Dimensions: 3 x 0.6 x 4.5 inches

Shipping Weight: 3.2 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 21 customer reviews

Best Sellers Rank: #36,800 in Books (See Top 100 in Books) #56 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Rituals & Practice #288 in Books > Health, Fitness & Dieting > Alternative Medicine > Meditation #1051 in Books > Self-Help > Personal Transformation

Customer Reviews

Praise for Bays's *How to Train a Wild Elephant*: "Among the current spate of books on mindfulness, Bays's distinguishes itself with 53 simple practices tested through 20 years at the Great Vow Monastery in Oregon. [She] brings gentle compassion to the task of integrating mindfulness into a busy life." —*Publishers Weekly* "This is the kind of book you can open to any page, anytime, and read something that just might stop your mind in its tracks." —*Nexus* "In a brilliant, practical, and elegant way, Bays has answered the question most frequently asked by students of meditation: 'How do I bring this practice into my daily life?' Here is a jewel box of insightful, wise, beautiful, and compassionate ways to do so." —*Jack Kornfield*, author of *A Path with Heart* "With simple exercises designed to bring mindfulness into daily life and with gentle ways to remind ourselves to practice, the author leads practitioners to the discoveries and deeper lessons

that each exercise can reveal. With [Jan Chozen Bays's] help, mindfulness practice becomes a powerful yet delightful gateway to the inner peace that is within reach of us all." –â •Spirituality & Health

JAN CHOZEN BAYS, MD, is a Zen master in the White Plum lineage of the late master Taizan Maezumi Roshi. She serves as a priest and teacher at the Jizo Mountain-Great Vow Zen Monastery in Clatskanie, Oregon. She is also a pediatrician who specializes in the evaluation of children for abuse and neglect.

This book is fantastic! I have used it in my life and in my work as a college professor and corporate trainer to help myself, my students, and my clients live a more purposeful, mindful, and effective life. The techniques she shares are easy to use, fun, and effective. Dr. Bays will help you become more productive, less scattered, and more effective at work, at home, and at play. I use one of her exercises at the beginning of every class I teach and have had my students come back and share that they use it to calm down and get centered all the time, when making their first speech or presentation in class, while waiting on a long line at the bank, when stuck in traffic, and even when dealing with an angry friend. You'll love it if you buy it and use the exercises in the book.

LOVE this little book. Bought it for someone else as a gift, but loved it so much I want a copy for myself. Perfect to carry with you on the go to access a quick mindfulness practice whenever you need one. Exactly what I need to remember to incorporate mindfulness practices into my daily life.

Good, informative, little book that invites people to be mindful as they go about their days. To me, this is the essence of mindfulness.

Husband loves this book and purchased for others. Reads daily and inspiration is contagious!

Small. Convenient. Helpful.

This is the helpful handbook for anyone. I found it on the counter at the airport at the checkout. After I read it, I ordered three more and I keep ordering them for my friends. Amazing book.

Wonderful, easy to follow and fits anywhere.

I got turned onto this by reading Phil Jackson recommended it to the Knicks and gave them all a copy. It's a nice little book with practical advice. I've been reading it to my son.

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