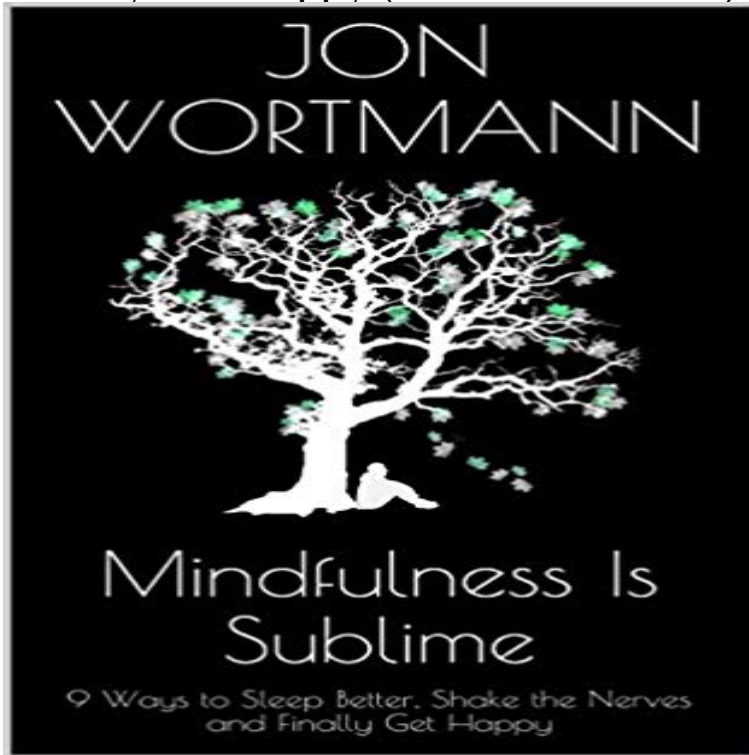


## Mindfulness Is Sublime: 9 Ways to Sleep Better, Shake the Nerves and Finally Get Happy (Your Brain on....)



When is the last time you slept well? Felt totally confident delivering a speech, performing, or competing? Reflected at the end of the day and simply smiled? The secrets of health and happiness used to be the special knowledge of mystics, monks, and brain scientists. Not any more. The power to feel rested, in control, and happy already exists within your own brain. But too many of us are so busy and stressed we simply don't enjoy our lives. We finish the week and can't remember how we spent our time. Tired of missing the precious moments? Want to change? Now you can. The way is called mindfulness. Mindfulness is a philosophy, a series of exercises, and now a scientifically validated therapeutic treatment for emotional suffering like chronic stress and depression. But it doesn't take a trip to a monastery or a 10-week class to begin experiencing the benefits of transforming your body and mind. Mindfulness Is Sublime is a series of nine invitations. Each invitation explores a different avenue into the most important thing too many of us ignore: this moment. Whether you need the scientific or the spiritual way into this essential discipline for every human being, this little book begins your journey. Buddha, Thoreau, and your favorite yoga teacher figured out how to grab the beauty of this moment. You can experience the same pleasure they discovered. Unwrap the present. Every moment can be mindful and mindfulness is sublime.

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