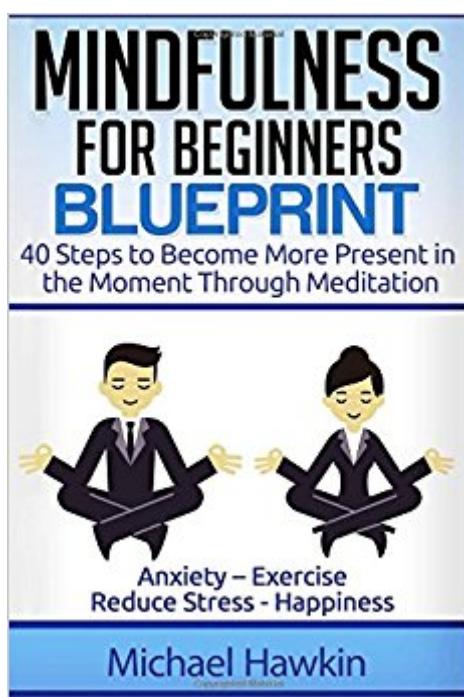


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# **Mindfulness For Beginners Blueprint: 40 Steps To Become More Present In The Moment Through Meditation ? Anxiety ? Exercise - Reduce Stress - Happiness**



## Synopsis

Are you searching for ways to alleviate stress and anxiety? Have you looked everywhere and found nothing that seems to work? Are You Still Looking for the right SOLUTION? If you answer yes, to one or more of these. Then keep reading. Let me guess. Â Your life has become busier than it was a few years ago, the simplicity in your life has faded and you don't know where it went. Do you wish you could bring that back and think of situations in your life in an easier mindset? Bringing that calm and tranquility back is simpler than you think, it only takes a few steps and then you will be back on the right track. There is actually a baseline on which you can determine whether you have hit your target for mindfulness or not, it is really easy to follow and once you have been through all the steps you will think to yourself, why didn't IÂ start this earlier. In this book, you will learn exactly what mindfulness is and how it can benefit you. A mindfulness test will be provided so that you can determine how mindful you are at this moment. Â You can use your score in the test as a baseline, so you can track your progress as you follow the 40 steps to mindfulness outlined in this book. Then once you have learned the 40 steps to mindfulness you can retest. Â I guarantee that once you have learned the steps and applied them, your tests results will show how much your mindfulness level has improved. This book will serve as your lifetime guide to a happier and more relaxed life. I hope that you practice the steps in this book every day. This book is pretty simple and straight to the point, exactly what you need to start freeing your mind, here are some of the things you will take away: What is Mindfulness? The Benefits of Mindfulness Assess Yourself: How Mindful are You? 40 Steps to Mindfulness Mindfulness is the Perfect way to be more relaxed in your life You really have no excuse now! Â You know what you have to do. Scroll to the top of the page and Click BUY NOW!

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## Customer Reviews

This book is a very short and - to the point - explanation of the practice of mindfulness. In fact, it would have been the best I've read on the subject, (including in the list; John Kabat-Zinn's tome (Full Catastrophe Living (Revised Edition))) except for the fact that the author didn't have his manuscript edited for grammar, syntax, tense, punctuation or plural and singular nouns prior to publication. Hawkin cuts to the important points regarding the successful practice of Mindfulness Meditation, but as I have said, he doesn't seem to grasp the fundamentals and nuances of written English. As a committed grammarian, I now have a book full of red ink marks where I found mistakes that should have been edited out of the final product. Now, instead of a perfect book for beginners, I have a faulty and very marked-up book. That being said - Hawkin included assessment tests to gauge the reader's level of mindfulness prior to practice. He included the steps to successful meditation practices and a very complete, if brief, overview of the whys and hows also necessary to achieve a good practice in mindfulness meditation. I would hope the author would rework his book soon to correct the many dozens of mistakes in English composition in order to make this the best and most concise book on this fascinating topic. Hawkin does not self-aggrandize in the like manner of Kabat-Zinn nor engage in the many circuitous routes of that author in order to make his points. If you can ignore the poor wording on nearly every page, this book will be of significant help to beginners or veteran practitioners of mindfulness.

The book contains steps and strategies on how to become mindful of your thoughts, emotions, and environment that are proven. How mindfulness first started and its definition was clearly explained in the book. There is even a study conducted and proved that mindfulness is truly effective. Mindfulness has a good effect on the physical, mental, emotional, behavioral, and social aspect of the person and is each explained by the author. I love it that the book included questions that would help the reader assess him/herself to determine which specific areas need more attention. You get to learn which needs improvement so you can attain the state of mindfulness. I got excited when I took the test and found out more about myself. The book is organized in a way that the 40 steps to mindfulness follows right after assessing yourself through the questionnaires. The steps to mindfulness are easy to read and follow. My favorite is the steps to overcome judgment and reactivity. I tend to react based on my emotions and it has negatively affected my life. I learned so much about it and how to manage it from this book. Following the steps in the book is not an easy

task but somehow I managed to do it. I took the test every two weeks just as what the author suggested. I can say that my scores improved especially in reacting to situations. The book even has a bonus in it. If you want to know what the bonus is, read the book. This could change your life.

Somewhere I was read that mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment. I see that I am very distracted, and this sentence inspired me to learn to focus on my thoughts. I came across on this book and here I found everything that I was interested. The book is easy to follow and easy to understand. I really like the test by which you can keep track of your personal progress, and it is a great way for a good motivation. My sincere recommendation!

The book starts out quite interestingly and presents two very useful tools used to determine the areas where you might need to develop you mindfulness. The problem are the actual 40 tips provided for dealing with each area of development. They are too brief and superficial to be of any real use; they seldom explain process or exemplify. Developing each area requires more than just the "blueprint". I would have expected more concrete and exemplified tips which weave into current psychological understandings of the mind and its habits.

This was the first time that I learned about the practice of MBSR (Mindfulness-Based Stress Reduction), that was developed by Dr. Jon Kabat-Zinn at the University of Massachusetts Medical Center. This book is based on and adapted from the practice of MSBR. Learning to become more "mindful" in my everyday life and everything I do, has been a goal of mine. While I had read a few basic guides on Buddhism that teaches "mindfulness", this book went a bit deeper and shared a few insights that I wasn't aware of, and I appreciated that. I found the assessment test in the book insightful, as it helped me to reflect on what I'm doing right and the areas that I could improve.

This is a practical guide for beginners to learn meditation, its benefits and the different types. The book is perfect because it's not very long and contains a lot of easy exercises. It's a very informative and helpful introduction to meditation. If you follow the steps in the book, you can get started right away and reduce the anxiety and stress in your life.

I've heard the term "mindfulness" quite a lot recently, but I never really knew what it meant until now. This book did a great job at explaining the concept, as well as determining how mindful I am with a

set of questions within the quiz - a good starting point. The highlight of the book, however, is the 40step process to becoming more mindful, which really provides step-by-step advice which I found very useful. Overall, highly recommended if you'd like to make your life better.

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