



Mindlift: Mental Fitness for the Modern Mind (Hardback)

By Kasper Van Der Meulen

Lifestyle Entrepreneurs Press, United States, 2016. Hardback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. MindLift is your no-nonsense guide to increased focused awareness, enhanced mental fitness and limitless personal freedom. Written and laid out in a way that supports your natural ability to focus. The Modern Mind We live in a wonderful era of abundance, high-speed information and hyper-connection, but it also faces us with the challenges of mass-distraction, negative stress and analysis paralysis. In this book you will learn how to leverage the opportunities of the modern world into a lifestyle of laser focus, masterful mindfulness and personal freedom. Mental Fitness The mind is a tool that can be developed through training, just like any muscle in the body. This book provides a skill-based approach to personal development and habit creation, by means of dedicated practice in the areas of attention management, rapid learning ability, meditation mindfulness, mastering stress physiology, re-wilding your life, physical movement and nutritional autonomy.



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