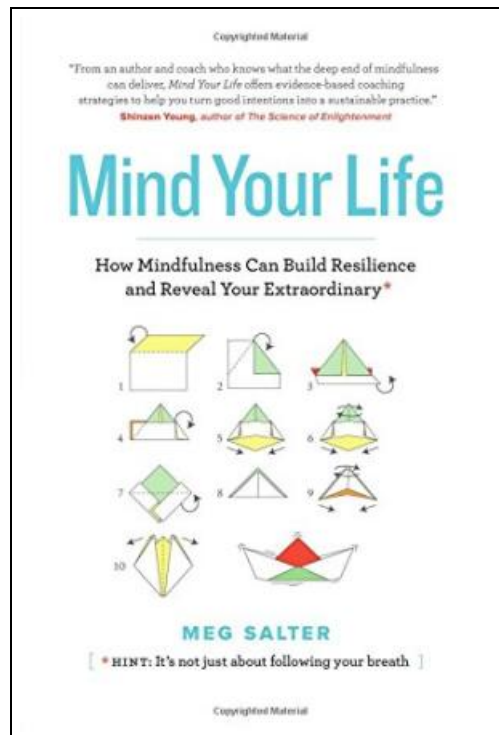


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*(Kevin Bergstrom Sr.)*

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Megaspace Press, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.From a world-class coach and teacher comes a practical guide for cultivating a truly sustainable mindfulness practice Mindfulness can feel like swimming upstream against your own mind. Yet the benefits are clear: enhanced attention, empathy and resilience, and reduced anxiety, stress and insomnia. Unfortunately, too many don't find a practice that works for them and their busy lives. In this rich resource, Integral Master Coach(R) and meditation teacher Meg Salter shows you how to pay deep attention to the full range of moment-by-moment sensory experiences--anywhere, anytime. Mind Your Life will teach you to integrate awareness into your everyday life, including during difficult conversations, or when trying to fall (and stay) asleep. This is not your ordinary mindfulness. Mind Your Life combines elements of Shinzen Young's Unified Mindfulness system with proven coaching methods for positive change over the long term. Interwoven with the strategies and theory are inspiring stories of ordinary heroes who found that simple changes sustained over the years led to remarkable lives. Whether you have only a few minutes a day to start, or have been meditating for years, this book is for you. After all, when you mind life, life minds you back. Meg Salter offers mindfulness coaching and executive coaching to those who want to create positive change in their world. Based in Toronto, Canada, she provides distance coaching globally to individuals or groups. Meg has been meditating since 1995, gaining profound experience while pursuing a career and raising children. Teaching since 2002, she has witnessed the enhanced resilience and personal flourishing in those who develop mindfulness skills, with beneficial effects on their colleagues, friends and families. Meg holds an MBA from Boston University Brussels, and is accredited...



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