

Quaderno Desercizi Di Mindfulness

Come Nutrire la Felicità Ogni Giorno Gaia Parenti 2020-03-09 Siete soliti rimandare o evitare le cose per le quali credete di non essere capaci portare avanti? Siete intrappolati nel passato? Continuate a lamentarvi, nonostante siete consapevoli della vostra infelicità? Vorreste che la vostra vita fosse diversa, ma non ponete le cause di cambiamento verso questa direzione? Soprattutto, non credete che si possa raggiungere una felicità assoluta e duratura nel tempo? Dovete sapere che la felicità non ha bisogno di scuse! Ne è allergica assieme alla pigrizia. In questo manuale, che rappresenta un vero e proprio compendio di felicità giorno per giorno potrete trovare, attraverso l'integrazione di principi buddisti, tecniche ed esercizi pratici estrapolati da varie scuole psicologiche e mindfulness, la risposta più attuabile e fruibile per costruire e nutrire la vostra felicità quotidiana. La Dottoressa Gaia Parenti, Psicologa, conosciuta sul web come @ladottoressadelcuore, desidera, con questo Diario della felicità, lanciare due messaggi importanti: il primo è quello di mettere alla prova il lettore, incuriosendolo e accompagnandolo in quella che viene definita "la sfida di una mese". Cosa significa? Ogni giorno il lettore si allenerà a fare un esercizio per la propria felicità, mettendo la data e alla fine del mese potrà dire se ha raggiunto un grande beneficio, visibile (raggiungimento di un obiettivo materiale), o invisibile (raggiungimento di una felicità interiore, un grande cambiamento personale). Il secondo messaggio è quello di voler rendere consapevole il lettore che per essere felici, ci vuole coraggio, determinazione e costanza. Soprattutto, è necessario cambiare il modo di pensare, parlare e di conseguenza il modo di agire, se si desidera andare verso la direzione di una felicità che porterà il lettore a formarsi un "Io" equilibrato e forte. Cosa aspettate? La felicità vi aspetta ed è impaziente di conoscervi.

Harry Potter Poster Coloring Book Scholastic, Inc. Staff 2016-04-26 Unleash your creativity and escape to one of the most beloved series of all time. Includes two EXCLUSIVE poster images to color! From the heraldry of the four Hogwarts houses to the extravagant wares of Weasleys' Wizard Wheezes, the world of Harry Potter overflows with radiant color. Featuring artwork from the hugely successful Harry Potter Coloring Book and Harry Potter Creatures Coloring Book, this special poster collection features twenty stunning, one-sided prints that are perfect for coloring. From fan-favorite characters and scenes to creatures and gorgeous patterns inspired by the wizarding world, each detailed illustration is printed on high-quality card stock and can be easily removed for displaying. Includes two EXCLUSIVE images that you can't find in any of the other coloring books!

Quaderno d'esercizi di mindfulness Ilios Kotsou 2014

A tavola con la mindfulness Lynn Rossy 2020-07-23T00:00:00+02:00 In questo libro unico l'esperta di mindfulness Lynn Rossy offre un programma completo per fare pace con il cibo e con il proprio corpo. Il segreto è essere presenti a se stessi quando si fa una delle cose più piacevoli e naturali: nutrirsi. Qual è la vera ragione che ci fa avvertire uno stimolo di appetito incontrollato? Si tratta realmente di fame o c'è qualcosa di più profondo? Qualcosa che ha a che fare con quello che siamo, o che vorremmo essere, con la nostra felicità e il nostro modo di stare con gli altri. Lynn presenta un approccio efficace e rivoluzionario che indaga i veri motivi che spingono le persone a mangiare troppo. Usando i fondamenti della mindfulness e le pratiche di consapevolezza, scopriremo come portare gentilezza e curiosità all'atto quotidiano del mangiare, al nostro corpo, alle nostre emozioni e pensieri. Le semplici strategie illustrate in questo libro ci aiuteranno - un boccone consapevole alla volta - a smettere di mangiare troppo, amare il nostro corpo, sentirci meglio e goderci veramente il cibo, per tornare ad assaporare pienamente la vita.

Adolescenti con comportamenti autolesionistici Sheri Van Dijk 2022-11-30T00:00:00+01:00 1414.22

Come aiutare i propri bambini con disturbi emotivi Jill Ehrenreich-May 2023-11-30T00:00:00+01:00 1414.26

45 Esercizi Di Mindfulness Trasformativa: Un Quaderno Di Lavoro - Un Sara Achilli 2016-09 Un quaderno di lavoro, ottimo alleato nei percorsi di cambiamento, terapia o sviluppo. Pi

Mindfulness with Breathing Ngūam 1997 Here is a clear explanation of the meditation technique of anapanasati, or "mindfulness with in-breaths & out-breaths." If you have yet to sit down & watch your breath, this book will point out why you should & how to do it.

Metti la magia nella tua vita! Monica Colosimo 2017-01-10T00:00:00+01:00 239.308

Le emozioni senza voce Ferdinando Galassi 2022-03-08T00:00:00+01:00 1414.19

Quaderno di esercizi per vincere le ossessioni Irene Castellani 2022-10-17 Utile quaderno operativo per aiutare chi soffre di Disturbo Ossessivo-Compulsivo a identificare, comprendere e gestire in modo consapevole e funzionale i loro sintomi. Propone un percorso di auto-aiuto in 16 step completo di consigli e esercizi per la gestione delle ossessioni e delle compulsioni. Il Disturbo Ossessivo-Compulsivo (DOC) è un disturbo psichiatrico, una vera e propria malattia. È caratterizzato principalmente dalla presenza di ossessioni, le quali possono generare ansia o altre emozioni sgradevoli che generalmente conducono chi ne soffre a mettere in atto compulsioni per alleviare queste sensazioni. Un quaderno di esercizi e consigli. La prima parte del volume Quaderno di esercizi per vincere le ossessioni descrive il Disturbo Ossessivo-Compulsivo in modo sintetico ma efficace, grazie all'utilizzo di tabelle, elenchi e box di approfondimento; la seconda parte, propone un percorso di auto-aiuto articolato in 16 step ricco di efficaci consigli e numerosi esercizi progettati per aiutare lettori e lettrici a riconoscere le credenze emotive e i pensieri disfunzionali e a lavorare sui comportamenti protettivi e di evitamento che alimentano il «DOC». L'obiettivo del libro è alleviare la sintomatologia e la sofferenza ad essa associata, imparare a ridurre l'autocritica e a prendersi cura di se stessi, al fine di migliorare la qualità della vita. Alcuni degli esercizi proposti si possono scaricare e stampare dalle Risorse online inserendo il codice di attivazione riportato nella prima pagina del quaderno. Quaderni di esercizi per l'auto-aiuto. Una serie di quaderni operativi per affrontare i propri disturbi psicologici attraverso esercizi specifici e strutturati che consentono di mettere in pratica in autonomia strategie e tecniche usate nella terapia cognitivo-comportamentale. I Quaderni possono essere utilizzati da coloro che non vogliono o non possono affrontare un percorso terapeutico, ma anche dai clinici per far esercitare i propri pazienti.

Il Metodo "Stay with Us" © Lucia Chiarioni 2015-09-21 Il manuale illustra il Metodo Stay with Us ©. Il metodo può considerarsi utile sul piano clinico per la fase della stabilizzazione dei sintomi con tutti i pazienti e in particolare con i soggetti traumatizzati, prima del trattamento terapeutico e contiene molteplici strumenti, appresi nel tempo da differenti approcci di cura psicoterapica. Quello che questo metodo vuole offrire è la possibilità di sintetizzarli in un modo pratico di procedere. Sarà poi la creatività del terapeuta a estrapolare ciò che sente più affine al suo stile terapeutico di cura e più adatto a un paziente piuttosto che ad un altro. Il Metodo Stay with Us © può essere utile nella fase di assessment, stabilizzazione e riduzione dei sintomi, ma anche in ambito preventivo, per lavorare in piccoli gruppi di pazienti, sfruttando le risorse del gruppo stesso e aiutando le persone a maturare la richiesta di intraprendere un percorso individuale. Molto utile si è rivelato, rispetto all'esperienza dell'autrice, anche nella formazione aziendale e delle piccole organizzazioni; per favorire il benessere delle persone all'interno di piccoli e grandi sistemi, per migliorare la propria auto-efficacia ed efficienza, per contrastare il burnout degli operatori che si occupano di relazioni di aiuto (figure socio-sanitarie, insegnanti, ecc).

The Headspace Guide to... Mindful Eating Andy Puddicombe 2012-05-24 'Andy Puddicombe is doing for meditation what Jamie Oliver has done for food' NEW YORK TIMES 'Takes a fresh look at how we've learned to eat' PRESS ASSOCIATION 'Not really a diet book, more a menu for eating your way through life' THE TIMES Formally The Headspace Diet, this book is designed to show you how to find your ideal weight in an easy, manageable and mindful way. It allows you to escape the endless diet trap by following simple yet potentially life-changing exercises in order to develop new effective habits and a much improved relationship with food and your body. The Headspace mission is to get as many people taking just 10 minutes out of their day to practise these powerful mindfulness techniques. Mindful eating is a key aspect of mindfulness and as you start to practise it you will notice profound results, both in terms of your shape but also your overall health and well being. Have you tried every diet going only to see the weight creep back on again? Do you feel guilty and anxious about eating certain foods? Or find yourself unable to resist that extra helping even if you're not actually that hungry? Are you unhappy with your body and how it looks and feels? Now is the time to stop what you're doing and try a different, healthy and brilliantly effective approach ...

Mindfulness e altre avventure Barbara Menegazzo 2022-05-06 Cosa significa vivere nel qui ed ora, consapevolmente? Si può imparare ad accettare sé stessi con i propri limiti e le proprie debolezze? E quali sono i benefici di vivere riconoscendo le proprie emozioni e poi lasciarle andare? Si può

fare tutto questo a quarant'anni? In questo libro, il secondo dell'autrice dedicato alla pratica della Mindfulness, racconta come si è avvicinata a questa disciplina, le difficoltà e come le ha superate. Piccole avventure quotidiane, per ritornare ad essere padroni della propria mente, accettando noi stesse e la nostra vita, senza lasciarsi trascinare dagli eventi. Dall'autrice de "Il Mio Quaderno Mindful", un nuovo libro alla scoperta della nostra unicità.

MINDFULNESS FOR BEGINNERS. JON. KABAT ZINN 2017

Mindfulness in 21 giorni Gill Hasson 2023-05-26T00:00:00+02:00 Mindfulness in 21 giorni combina il metodo alternativo e stimolante del pensiero consapevole con un programma dettagliato di meditazione della durata di tre settimane. Lungo questo cammino, l'autrice ti accompagnerà alla scoperta di te stesso e del mondo che ti circonda, dimostrando come la mindfulness sia molto più di una forma di meditazione: è uno stato mentale, una modalità dell'essere, un atteggiamento positivo che ti aiuta a raggiungere la calma interiore, a cambiare prospettiva rispetto ai problemi che ti affliggono e a vincere piccole e grandi sfide quotidiane. Giorno dopo giorno, apprendrai nuove tecniche di respirazione ed esercizi di meditazione che ti guideranno verso un approccio pratico alla vita e uno sguardo più aperto al mondo. Al termine delle tre settimane non potrai più farne a meno.

La ricetta della resilienza Muniya S. Khanna 2023-02-01T00:00:00+01:00 1414.23

Esercizi di Mindfulness Yogica Jayadev Jaerschky 2020-09-12 Impara il potere del "qui e ora" Ci sono sconfinati tesori di pace, felicità e amore dentro di noi, che solo la nostra consapevolezza può portare alla luce. La "mindfulness yogica" è una speciale pratica di consapevolezza, che agisce sia sulla vita quotidiana che sulla vita interiore. Questo manuale pratico è strutturato come la scalata a una montagna: divertente, gioioso, creativo e pieno di esercizi stimolanti. Per ogni giorno del mese troverai: un principio fondamentale per potenziare il momento presente riflessioni guidate per la tua vita una posizione yoga per approfondire la consapevolezza una meditazione su un insegnamento specifico di Yogananda sull'Eterno Presente un'affermazione trasformante di Yogananda o Swami Kriyananda. Dopo 30 giorni, ti troverai sulle vette della Felicità!

Il corpo emotivo nel public speaking Marta Pettolino Valfrè 2023-06-21T00:00:00+02:00 1796.404

Ansia e attacchi di panico Roberta Borzì 2019-05-31T00:00:00+02:00 1166.3

EMDR e dipendenze patologiche Antonelli Teresa 2017-11-02 L'autrice del libro, psicologa e psicoterapeuta, propone un percorso di ricerca svolto utilizzando l'EMDR come mezzo attraverso il quale affrontare il lavoro sulle Dipendenze Patologiche in struttura residenziale. Un raro spaccato di analisi e descrizione reale, dell'impegno terapeutico svolto sia in sessioni Individuali che di Gruppo, in grado di fornire al lettore ispirazione ed esempio su come procedere terapeuticamente e giungere insieme al paziente, ad un più chiaro senso di sé. Nel testo sono riportate le schede operative per l'applicazione del metodo EMDR e il Protocollo di Gruppo, corredate da storie di vita ed esempi di sedute, elementi non facilmente reperibili in letteratura per la completezza e tali da essere un reale strumento di lavoro. Nella sfida di riportare il comportamento di una persona dalla condotta patologica dell'abuso, ad un equilibrio personale più utile alla vita, il terapeuta deve svolgere il faticoso lavoro della ricerca di senso. Le condotte patologiche non possono essere solo identificate e definite, ma devono essere spiegate e collegate con la singola storia individuale. Un intero capitolo è dedicato all'anamnesi, con indicazioni precise di aree ed aspetti da analizzare per giungere ad una concettualizzazione del caso coerente con l'utilizzo dell'approccio EMDR. È in tal modo che, nel percorso di revisione di sé affrontato all'interno di una Comunità per le Dipendenze Patologiche, si ha la necessità di riconnettere i fili dell'esperienza personale di cui siamo scaturiti. Parlando di sé si torna all'infanzia, all'adolescenza, all'ambiente familiare ed amicale. Ma per farlo si ha bisogno di uno strumento solido ed adeguato, che consenta di gestire con coerenza i contenuti che emergono dal lavoro. Uno sguardo attento e non secondario è inoltre rivolto al trauma e ai possibili accessi ad esso per trasformare l'indicibile in significati biografici nuovi.

Chief Happiness officer Veruscka Gennari 2022-06-21T00:00:00+02:00 1796.366.1

Ridurre l'ansia in 7 settimane. Una guida pratica per sconfiggere l'ansia e gli attacchi di panico Arlin Cuncic 2019-02-11

Il quaderno dei bimbi calmi e felici Monia Monti 2021 Tante attività per vivere appieno i benefici della meditazione e della mindfulness. I bambini come gli adulti provano ansia, paura, rabbia e vivono giornate piene di impegni e responsabilità. Le tante attività proposte in questo libro consentono di ottenere importanti risultati a più livelli: • emozionale: ritrovare la calma, migliorare l'autostima, la fiducia in sé, il controllo delle proprie emozioni, anche quelle più scomode; • mentale: migliorare la concentrazione, l'attenzione e il rendimento a scuola; • fisico: favorire il rilassamento e una maggiore consapevolezza del corpo; • spirituale: sviluppare comportamenti amorevoli e rispettosi verso le persone, la natura e gli animali. Belle e piacevoli meditazioni accompagnano queste pagine donando un profondo senso di rilassamento e calma a bimbi e genitori. Un complemento ideale sia a casa che a scuola.

Quaderno Di Composizione Le ragazze regnano ragazze di carta 2021-08-05 ELIMINA LA TUA ANSIA E VIVI L'ORA: quando sei circondato da negatività e cattive notizie, è facile preoccuparsi. Usando un diario delle manifestazioni, puoi sviluppare un'abitudine antistress che ti insegnerà ad apprezzare ogni singolo giorno. Un diario della manifestazione contiene 365 suggerimenti di scrittura giornalieri suddivisi in 52 argomenti di mindfulness settimanali. Questo ti dà sette giorni per immergerti completamente in ogni argomento. Inoltre, i suggerimenti sono abbastanza vari da non annoiarti mai durante l'inserimento nel diario. Questi suggerimenti sono divertenti e coinvolgenti e ti aiuteranno a sviluppare un apprezzamento per il mondo che ti circonda. ABBONDANTE SPAZIO PER SCRIVERE: poiché ogni suggerimento è sulla sua pagina, avrai molto spazio per riflettere e per scrivere TUTTI i tuoi pensieri. "I suggerimenti di scrittura sono molto dettagliati, quindi è facile scrivere di cose specifiche che consentono una migliore dose di autoriflessione e consapevolezza", ha commentato un utente. SCRIVI AL TUO RITMO: Sebbene raccomandiamo di tenere un diario una volta al giorno, puoi dedicare a ogni richiesta tutto il tempo di cui hai bisogno. Il Quaderno di composizione è suddiviso in temi settimanali. Ciò significa che puoi saltare e completare le istruzioni nell'ordine che preferisci. Inizia OGGI il tuo "Taccuino di composizione"! Farai il primo passo verso la scoperta di te stesso con "Composition Notebook". Per iniziare, scorri fino alla parte superiore della pagina e fai clic sul pulsante Acquista ora per ottenere la tua copia oggi.

Mindfulness Pocketbook Gill Hasson 2015-02-19 Follow-up to the bestselling Mindfulness: Be Mindful. Live in the Moment. Gill Hasson, author of the bestselling Mindfulness is back and this time you can fit her advice in your pocket! This little book is packed with over 100 quick exercises, each dealing with a different situation, to help you get calm, collected, and balanced. So whenever you start to feel the stress mounting, reach for your Mindfulness Pocketbook, find the relevant exercise and instantly make life better! So if you feel like life is moving too fast and you're struggling to keep up with constant demands and commitments, don't let anxiety and worry get the better of you — integrate these mindfulness exercises, practices, and reflections into your daily life and get in control and feel more confident, calm, and present. By progressing through the pocketbook, you will develop mindful ways of thinking and doing that will benefit a wide range of situations in your personal, social, and work life. Slow down, take a deep breath, and take that step toward an easier and more manageable life. The Mindfulness Pocketbook will help you: Move in the direction of greater calm, balance, and wellbeing Increase your insight and awareness Break free from unhelpful thoughts and thinking patterns, feel more confident, and have better self-esteem Be more able to manage other people's demands, stress, anxiety, and worry Experts increasingly recognise that developing mindfulness skills is an effective way to improve performance, reduce stress, enhance emotional intelligence, increase life satisfaction, and develop leadership skills. A mindful person consciously brings awareness to the here-and-now with openness, interest, and receptiveness. Mindfulness Pocketbook is the take-with-you guide to receptive, constructive thinking.

Corso di Meditazione di Mindfulness. Conosco, conduco, calmo il mio pensare. Con 8 brani per la pratica da scaricare online Ennio Preziosi 2016-02-12T00:00:00+01:00 1414.8

The Mindful Brain: Reflection and Attunement in the Cultivation of Well-Being (Norton Series on Interpersonal Neurobiology) Daniel J. Siegel 2007-04-17 A new framework for maintaining mental health and well-being. From the author of the internationally-acclaimed best-selling text *The Developing Mind*, and esteemed leader and educator in the field of mental health, comes the first book ever to integrate neuroscience research with the ancient art of mindfulness. The result is a groundbreaking approach to not simply mental health, but life in general, which shows readers how personal awareness and attunement can actually stimulate emotional circuits in the brain, leading to a host of physiological benefits, including

greater well-being, resilience, emotional balance, and improved cardiac and immune function. For clinicians and laypeople alike, Siegel's illuminating discussions of the power of the focused mind provide a wealth of ideas that can transform our lives and deepen our connections with others, and with ourselves.

Come addestrare un elefante selvaggio e altre avventure nella mindfulness Jan Chozen Bays 2020-09-25T00:00:00+02:00 52 pratiche, una alla settimana, per esplorare i diversi ambiti della nostra esistenza con la gentilezza, la pazienza, il coraggio e la curiosità necessari a far sì che la mente impari l'arte del riposo e della concentrazione, e il cuore trovi la sua stabilità, in mezzo alle piccole e grandi turbolenze della vita. Non lasciare tracce. Aspettare. Solo tre respiri. Occhi amorevoli. Desideri infiniti. Sembrano versi di una poesia, i titoli degli esercizi di mindfulness (adatti anche ai principianti) che Jan Chozen Bays condivide in questo "classico", dopo averli esplorati per vent'anni insieme ai suoi allievi. L'autrice, oltre ad essere una maestra zen, è pediatra, moglie, madre e nonna. E sa quanto le nostre vite possono essere piene di impegni. La sua è una proposta che scardina il pregiudizio che la mindfulness sia una pratica da infilare in un'agenda già sin troppo piena, e la porta nelle nostre attività quotidiane. Iniziando da una piccola cosa, da un senso di scoperta nelle attività più semplici come alzarci dal letto ogni mattina, lavarci i denti, aprire una porta, rispondere al telefono, il lettore si troverà, senza troppo sforzo, a essere più presente alla propria vita.

L'Educazione emozionale Alessandro Ricci 2022-09-01T00:00:00+02:00 435.37

La tua vita a modo tuo Joseph Ciarrochi 2022-11-30T00:00:00+01:00 1414.20

Io non (me ne) lavo le mani! Francesca Mancini 2023-09-22T00:00:00+02:00 1414.25

Mindfulness Mark Williams 2011-05-05 THE LIFE-CHANGING BESTSELLER - OVER 1.5 MILLION COPIES SOLD 'A deeply compassionate guide to self-care - simple and profound' Sir Kenneth Branagh 'If you want to free yourself from anxiety and stress, and feel truly at ease with yourself, then read this book' Ruby Wax Authoritative, beautifully written and much-loved by its readers, *Mindfulness: A practical guide to finding peace in a frantic world* has become a word-of-mouth bestseller and global phenomenon. It reveals a set of simple yet powerful practices that you can incorporate into daily life to break the cycle of anxiety, stress unhappiness and exhaustion. It promotes the kind of happiness that gets into your bones and allows you to meet the worst that life throws at you with new courage. Mindfulness is based on mindfulness-based cognitive therapy (MBCT). Co-developed by Professor Mark Williams of Oxford University, MBCT is recommended by the UK's National Institute for Health and Care Excellence and is as effective as drugs for preventing depression. But, equally, it works for the rest of us who aren't depressed but who are struggling to keep up with the relentless demands of the modern world. By investing just a few minutes each day, this classic guide to mindfulness will put you back in control of your life once again.

Mindfulness per l'autostima Janetti Marotta 2016-03-24 Come passare dal bisogno inesauribile dell'approvazione degli altri alla consapevolezza pacificante delle nostre qualità? Come far tacere il brusio dei pensieri che amplificano inimmancabilmente solo quello che non funziona in noi e nella nostra vita, nascondendoci il valore e la bellezza del momento presente? I 50 esercizi presentati in questo libro - basati su meditazione, scrittura e piacevoli attività da svolgere nel corso della giornata - aiutano a invertire la rotta dei pensieri, innescando un circolo virtuoso di emozioni positive che a poco a poco guarirà le ferite dell'autostima permettendoci di assaporare la vita in tutta la sua pienezza.

Affrontare il disturbo ossessivo compulsivo AA. VV. 2021-04-09T00:00:00+02:00 1414.16

Petit cahier d'exercices de pleine conscience Ilios Kotsou 2015-02-09 La mindfulness ou pleine conscience est un état de conscience qui résulte d'une attention au moment présent. C'est une manière d'être ouvert à la vie telle qu'elle se présente à nous, à nos émotions, à notre corps et ce, d'instant en instant. Selon le Professeur Jon Kabat-Zinn, vivre en pleine conscience, c'est embrasser la vie dans toute sa richesse. Ilios Kotsou vous propose ici de nombreux exercices qui vous aideront à utiliser et à approfondir cette pratique aux multiples vertus, reconnue par les plus grands scientifiques : parmi ses bienfaits, celui d'arriver à gérer et réduire le stress ou encore à prévenir la rechute dépressive. Utiliser la pleine conscience au quotidien, c'est chercher à porter sur la vie un regard neuf pour l'apprécier dans toute sa richesse !

A mente serena Giuseppe Coppolino 2017-09-14T00:00:00+02:00 Vi piacerebbe vivere ogni giorno a mente serena? Con la Mindfulness è possibile! La Mindfulness non richiede alcun tipo di conoscenza di filosofia né l'osservanza o l'applicazione di dogmi o pratiche religiose di alcun tipo. È un'attitudine che chiunque può imparare e allenare quotidianamente e che ci insegna a vivere con attenzione il momento presente. A mente serena è la guida che vi permette di scoprire i benefici della Mindfulness. Attraverso una serie di indicazioni e suggerimenti vi invita a un percorso di rieducazione alla consapevolezza completato da alcuni esercizi, ma soprattutto vi porta al riconoscimento di quei numerosi momenti che viviamo tutti i giorni e che, in modo semplice, possono diventare passaggi fondamentali per raggiungere una vera e profonda serenità interiore. Osservando pensieri, abitudini, consuetudini con un atteggiamento non giudicante possiamo arrivare a gestire ogni ambito personale a mente serena, in modo attivo e non più passivo, scegliendo e non più subendo, decidendo e non più rincorrendo.

Procedure e strumenti di autoterapia umoristica Antonio Scarinci 2022-09-23T00:00:00+02:00 1414.21

Mindfulness Gill Hasson 2013-09-03 Be calm, collected and in the moment Too often, life just races by. You don't fully experience what's happening now, because you're too busy thinking about what needs doing tomorrow, or distracted by what happened yesterday. And all the time your mind is chattering with commentary or judgement. Mindfulness allows you to experience the moment instead of just rushing through it. Being mindful opens you up to new ideas and new ways of doing things, reducing stress and increasing your enjoyment of life. With ideas, tips and techniques to help you enjoy a more mindful approach to life, you'll learn how to: • Adopt more positive ways of thinking and behaving • Become calmer and more confident • Break free from unhelpful thoughts and thinking patterns • Bring about positive changes in your relationships • Achieve a new level of self-awareness and understanding Life is happening right now; mindfulness will help you live in the moment, so it doesn't pass you by!

A scuola con la mindfulness Antonio Vigilante 2017-10-16 Questo libro suggerisce che l'introduzione della mindfulness nelle scuole, associata alla pratica occidentale del dialogo filosofico, rappresenta l'occasione per un cambiamento di paradigma in campo educativo. La mindfulness può essere uno strumento efficace per affrontare problemi sempre più diffusi nelle nostre scuole, come violenza e bullismo, disattenzione, difficoltà di concentrazione, burnout dei docenti. Per Vigilante, tuttavia, essa attua tutte le sue potenzialità solo se inserita in un progetto educativo più complesso.

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