

Mindfulness Plain Simple

Buddhism Mindfulness for Beginners Kevin T. Gao 2016-09-19 Buddhism Mindfulness for Beginners Grab this GREAT physical book now at a limited time discounted price! This book covers the topic of core Buddhism teachings, and will teach you to live a more fulfilling life through the practice and understanding of Buddhist concepts. At the completion of this book you will have a good understanding of: What is mindfulness, how to stop living on autopilot and take control of your life, how to manage daily stress, how to be more compassionate towards yourself and others; and be able to achieve the happiness you desire through self-development and inner peace. Here Is What You'll Learn About... The Core Teachings of Buddhism Four Noble Truths Eightfold Path Benefits of Meditation Achieving inner Peace How to Live with Mindfulness Meditation Techniques Much, Much More! Order your copy of this fantastic book today!

MINDFULNESS FOR BEGINNERS. JON. KABAT ZINN 2017

Beyond Mindfulness in Plain English Henepola Gunaratana 2009-09-08 Gunaratana offers basic instruction on the meaning of insight meditation through concepts that can be applied to any tradition. His focus here is on the Jhanas, those meditative states of profound stillness in which the mind becomes fully immersed in the chosen object of attention.

Zen Meditation in Plain English John Daishin Buksbazen 2010-10 An excellent, practical introduction to Zen meditation. Written in a warm and easily accessible style, the book appeals to anyone with an interest in meditation, Zen, or, as is often the case today, a combination of the two. The book

emphasizes the importance of receiving good instruction and of finding groups to practice with, yet it lays out the necessary steps to practice Zen meditation on your own. The book includes easily followed exercises to help the reader along. For anyone looking to uncover a clear and insightful path into the philosophy and practice of Zen meditation, this book represents the culmination of that search

The Mindful Kind Rachael Kable 2019-03-01 If you're feeling overwhelmed, pressured, anxious and disconnected, this book will change your life, one mindful step at a time. A guide from a popular podcaster to de-stressing and becoming happier by becoming more mindful in your everyday life. Learn why it's vital to prioritise self-care, wellbeing and mental health. Discover effective and practical mindfulness and meditation strategies and learn to apply them in all life areas, including work, relationships and self-care. Learn skills to increase resilience and improve wellbeing throughout their lives. Be encouraged and inspired to create an ongoing mindfulness practice.

The Mindfulness Solution Ronald D. Siegel 2010-01-01 Offers advice for achieving happiness and dealing with life's obstacles through mindfulness, with strategies for cultivating this state of mind and setting up a formal daily practice routine.

Mindfulness for Life Oli Doyle 2016-05-03 Take a break from your mind and step into the present moment with MINDFULNESS FOR LIFE. Mindfulness is more than a set of tools to help manage the stresses of life; it's also about enhancing your overall wellbeing. In MINDFULNESS FOR LIFE, mindfulness teacher Oli Doyle shows you how living in the present moment can help in all areas of your life, including work, relationships, family life, creativity, memory and decision-making. Unlike many mindfulness books, Oli deconstructs the practice into everyday language. The easy-to-follow plan is broken down into six-week segments, with each week focused on a basic mindfulness

principle. This book is also accompanied by daily online exercises to help your mind work more effectively and build your confidence.

Mindful Relationships Oli Doyle 2017-01-12 Build nurturing, meaningful relationships by living in the present moment, with bestselling author Oli Doyle's six-week guide. In *Mindful Relationships*, bestselling author and mindfulness guru Oli Doyle reveals a practical, six-week plan to prove that relationships are fertile ground for growth, learning and development. This simple introduction to mindfulness in relationships gives readers the chance to turn every interaction with other human beings into an opportunity to discover inner peace. Key learnings include: how to leave the history of your relationships behind and enjoy others as they are now; how to move from trying to influence and control to allowing others to be as they are; and how to bring lightness into your mind by relating to people in a different way. The *Mindful Living* series is a new series of short mindfulness books dedicated to enhance three important areas of our lives: relationships, parenting and work. Bestselling author and mindfulness guru Oli Doyle shows that all the key domains of life provide great opportunities to practice mindfulness and discover peace of mind.

The Mindfulness in Plain English Collection Gunaratana 2017-11-28 An anniversary collection, presented in a beautiful collector's edition, of three of Bhante Gunaratana's bestselling classics: *Mindfulness in Plain English*, *The Four Foundations of Mindfulness in Plain English*, and *Beyond Mindfulness in Plain English*. The *Mindfulness in Plain English Collection* offers the rich, full context for tapping into the true power of mindfulness, all with the signature warmth of Bhante Gunaratana. It is a beautiful and comprehensive resource for anyone who is ready to take their mindfulness practice to the next level. Readers will learn about: Structuring your meditation Dealing with distractions Mindfulness versus concentration Mindfulness in everyday life Practicing mindfulness of

mind, emotions, and body Going beyond mindfulness to discover the jhanas: deeply calm, joyous, and powerful states of concentration meditation that can lead to a life of insight and unshakeable peace And much more. In a voice both masterful and relaxed, these teachings reveal what it is to befriend the mind, taking the reader all the way from basic mindfulness meditation to profound states of freedom. The Collection brings together in a beautiful silver-embossed binding three bestselling books by Bhante Gunaratana: Mindfulness in Plain English, The Four Foundations of Mindfulness in Plain English, and Beyond Mindfulness in Plain English.

Meditation, Plain and Simple Lynne Lauren 2017-01-01 Meditation is a practice that calms the mind and the body in a natural way. Its aim is to quiet or still the mind, which leads to calm awareness without the interference of troublesome thoughts. Meditation can help you focus, relax, and cope with life's twists and turns. Meditation, Plain & Simple is a wise and helpful primer to the practice of meditation. Lynne Lauren not only explains why it is important to meditate, but also demonstrates how simple meditation is for the average person. It can be done anywhere by anyone, and you don't have to sit on the floor or stand on your head. In addition, she provides a brief overview of the different types of meditation along with more than 50 meditations and visualizations that can be used in different circumstances to reach particular goals. This book is a lovely introduction for anyone who wishes to slow down, de-stress, and discover how rich life can be! "

Mindfulness Meditation Made Simple Charles A. Francis 2014-12-24 Mindfulness Meditation Made Simple shows you how to transform your life and relationships through the 12 Steps of the Mindfulness Meditation Practice. Through the clear instructions and simple exercises, you will gain a solid foundation of this time-tested ancient practice, and get the results you want. It explains the exact meditation techniques in an easy-to-follow process, and then gives you tips for enhancing your

practice. In today's world, many people are coming to the realization that searching for happiness through achievements and material possessions simply adds to their rising stress levels, only bringing them more chaos and unhappiness. True inner peace only comes through the realization of who you are at the deepest level, and development of the inner strength to meet life's challenges. When you are ready to be truly at peace, Mindfulness Meditation Made Simple will show you the way. Through this new and unique 12-step approach, you will learn how to:

- Overcome the stress of daily life
- Improve your health and well-being
- Heal the emotional wounds from your past
- Improve your relationships with loved ones
- Discover your true potential

And when you see for yourself that you're connected with the rest of humanity, loneliness and insecurity will disappear forever.

Simply Living Well Julia Watkins 2020 Easy recipes, DIY projects, and other ideas for living a beautiful and low-waste life, from the expert behind @simply.living.well on Instagram.

Buddhism Plain and Simple Steve Hagen 1999-04-29 A Zen priest strips Buddhist teachings of the embellishments they have accumulated over the centuries and presents the original way of the Buddha in everyday, accessible language. Line drawings.

Mindfulness at Work Oli Doyle 2017-01-12 Turn your job into a gateway to joy, contentment and stress-free living, with bestselling author Oli Doyle's six-week guide. In *Mindfulness at Work*, bestselling author and mindfulness guru Oli Doyle guides you through a six-week plan to show that even with demanding bosses and stressful environments, we actually can be happy at work. This guide will explore the possibilities that work provides for finding our stuck points, embracing difficult emotions and noticing the patterns of thought that keep us from feeling peaceful. Key learnings include: how to move beyond stressful future thinking to focus on what can be attended to now; how flow can benefit you and your organisation by making you calmer, more alert and more

attentive to detail; and how to see work as your teacher rather than your project. The Mindful Living series is a new series of short mindfulness books dedicated to enhance three important areas of our lives: work, relationships and parenting. Oli Doyle shows that all the key domains of life provide great opportunities to practice mindfulness and discover peace of mind.

Minimalist Baker's Everyday Cooking Dana Shultz 2016-04-26 The highly anticipated cookbook from the immensely popular food blog Minimalist Baker, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the Minimalist Baker blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes:

- Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare.
- Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap
- Essential plant-based pantry and equipment tips
- Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements

Minimalist Baker's Everyday Cooking is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.

The Little Book of Meditation Dr. Patrizia Collard 2019-02-07 From the bestselling author of *The Little Book of Mindfulness*. Meditation is an easy way to bring more peace and tranquillity into your life. Packed with practical advice, useful meditations and affirming thoughts, this little book teaches you how to be happier, healthier and more relaxed - without sitting for hours on a meditation cushion. Dr Patrizia Collard, bestselling author of *The Little Book of Mindfulness*, shows you another

way, with these fun and efficient exercises: just 5 to 10 minutes a day is enough to strengthen your immune system, relieve stress and clear your head. Whether you like mindfulness or movement meditations, or simple mantras, everyone will find a meditation to suit them.

10% Happier Dan Harris 2014-03-11 #1 New York Times Bestseller REVISED WITH NEW MATERIAL Winner of the 2014 Living Now Book Award for Inspirational Memoir "An enormously smart, clear-eyed, brave-hearted, and quite personal look at the benefits of meditation." —Elizabeth Gilbert Nightline anchor Dan Harris embarks on an unexpected, hilarious, and deeply skeptical odyssey through the strange worlds of spirituality and self-help, and discovers a way to get happier that is truly achievable. After having a nationally televised panic attack, Dan Harris knew he had to make some changes. A lifelong nonbeliever, he found himself on a bizarre adventure involving a disgraced pastor, a mysterious self-help guru, and a gaggle of brain scientists. Eventually, Harris realized that the source of his problems was the very thing he always thought was his greatest asset: the incessant, insatiable voice in his head, which had propelled him through the ranks of a hypercompetitive business, but had also led him to make the profoundly stupid decisions that provoked his on-air freak-out. Finally, Harris stumbled upon an effective way to rein in that voice, something he always assumed to be either impossible or useless: meditation, a tool that research suggests can do everything from lower your blood pressure to essentially rewire your brain. *10% Happier* takes readers on a ride from the outer reaches of neuroscience to the inner sanctum of network news to the bizarre fringes of America's spiritual scene, and leaves them with a takeaway that could actually change their lives.

Meditation, Orion Plain and Simple Lynne Lauren 2017-07-27 A practical guide to reducing stress and finding peace through meditation. Meditation is a practice that calms the mind and the body in a

natural way. Its aim is to quiet or still the mind, which leads to calm awareness without the interference of troublesome thoughts. Meditation can help you focus, relax, and cope with life's twists and turns. *Meditation, Orion Plain and Simple* is a wise and helpful beginner's guide to the practice of meditation. Lynne Lauren not only explains why it is important to meditate, but also demonstrates how simple meditation can be. It can be done anywhere by anyone. Lynne provides a brief overview of the different types of meditation, along with more than 50 meditations and visualisations that can be used in different circumstances to reach particular goals. This simple guide provides all of the information that beginners will need to slow down, de-stress, and discover how rich life can be!

Meditation and Relaxation in Plain English Bob Sharples 2012-05-18 Odds are that you or someone you know could truly benefit from *Meditation and Relaxation in Plain English*. After all, who wouldn't like to have less stress - and more enjoyment - from life? *Meditation and Relaxation in Plain English* teaches us how to achieve just that, with potent tools that are easy to learn, enjoy, and keep doing. And these practices do so much more than more than allow us freedom from anxiety and stress: they allow us to be a better friend to ourselves, and to the people around us.

What, Why, How Bhante Gunaratana 2020-01-21 Everything you ever wanted to know but never had a chance to ask about meditation and Buddhist spiritual practice, from one of the greatest mindfulness teachers of our time. How can I fit meditation into my busy life? How should I understand karma and rebirth? Is enlightenment even possible for me? Sound familiar? If you've ever meditated or studied Buddhism, you may have found yourself asking these questions—and many more! Here's the good news: there are answers, and you'll find them all in this book. Imagine that you could sit down with one of Buddhism's most accomplished and plainspoken teachers—and

imagine that he patiently agreed to answer any question you had about meditation, living mindfully, and key Buddhist concepts—even the myriad brilliant questions you’ve never thought to ask! What, Why, How condenses into one volume a half-century of Bhante G.’s wise answers to common questions about the Buddha’s core teachings on meditation and spiritual practice. With his kind and clear guidance, you’ll gain simple yet powerful insights and practices to end unhealthy patterns and habits so that you can transform your experience of the world—from your own mind to your relationships, your job, and beyond.

Simply Mindful: A 7-Week Course and Personal Handbook for Mindful Living Donald Altman
2020-01-27 Comprehensive 7-Week Course with Concepts, Skills and Research Mindfulness is not a magical panacea, but when understood and applied properly, it offers the benefits of greater wholeness, connection to others, and balance for dealing with life's ups and downs. Simply Mindful offers an easy-to-follow curriculum that is science and research-based. Written by international mindfulness expert, psychotherapist, award-winning author and former Buddhist monk Donald Altman, MA, LPC, these pages can help anyone gain the real-life benefits that mindfulness offers. Ideal for individuals, educators, coaches, counselors and business persons who want a step-by-step approach to learning and mastering mindfulness, as well as using this guide to teach mindfulness to others, either individually or in a group setting. Simply Mindful brings all the essentials you need to know about mindfulness into this one book--because it includes everything from an overview of the ancient, traditional four foundations of mindfulness and its role in Buddhism, to how it was introduced into Western healthcare and business. Plus, it delivers a clear understanding of the core concepts of mindfulness, along with 36 detailed practices and skills for learning and applying it at work, at home and in relationships. Whether using this guide for yourself or teaching others, you'll

appreciate how the curriculum in Simply Mindful includes new science and research that illustrates the benefits of how mindfulness works in the brain and body. Plus, the skills in these pages can be used for developing acceptance and compassion, as well as for managing stress, improving relationships, boosting creativity, and enhancing productivity. In the pages of Simply Mindful you'll discover: - The latest neuroscience behind mindfulness and stress reduction. - Cutting-edge research about why present moment awareness improves health, creativity and productivity. - Over 35 detailed practices for learning and applying mindfulness--from mindfulness of the breath to intentional awareness and the loving-kindness practices. - The 5-Steps to G-R-E-A-T Mindful Self-Care which are like your boot-camp for preparing a successful mindfulness practice. - A Dedicated Mindfulness at Work Chapter, for building collaboration, increasing productivity, and boosting creativity--including research and practices. - A Dedicated Mindfulness at Home Chapter for applying mindfulness at home, for cultivating caring relationships--including research and practices. - Handy tools for finding practices and getting more information, such as an Index of Exercises and Practices, Biographical References, For Further Reading and Online Resources. Whether you're distracted and exhausted, or calm and connected, here's your all-natural resilience-building remedy. REVIEWS Simply Mindful is for today's coaches and leaders. It integrates science and practice to give you the essential tools help you become more productive and satisfied with your life. - John Baldoni; executive leadership coach and author, Grace Mindfulness expert Donald Altman has done it again, offering refreshing and timely mindfulness exercises and advice in an effective format. Prepare to be transformed by the end of your journey. - Chris Willard, PsyD; educational consultant and author, Growing Up Mindful Reading Simply Mindful is like taking a natural stress-reducer more powerful, longer lasting and safer than any stress relief drug. The only side-effects are more joy,

calm and tranquility. - Randall Fitzgerald; journalist and author The simple and practical exercises in this well-researched guide make it perfect for teachers, therapists and their clients, or anyone desiring to live mindfully, with greater awareness, compassion and joy. - David Nez; art therapist, teacher and author, The Tree

Eight Mindful Steps to Happiness Henepola Gunaratana 2011-08-23 In the same engaging style that has endeared him to readers of *Mindfulness In Plain English*, Bhante Gunaratana delves deeply into each step of the Buddha's most profound teaching on bringing an end to suffering: the noble eightfold path. With generous and specific advice, *Eight Mindful Steps to Happiness* offers skillful ways to handle anger, to find right livelihood, and to cultivate loving-friendliness in relationships with parents, children, and partners, as well as tools to overcome all the mental hindrances that prevent happiness. Whether you are an experienced meditator or someone who's only just beginning, this gentle and down-to-earth guide will help you bring the heart of the Buddha's teachings into every aspect of your life. A Foreword Magazine Book of the Year Awards finalist (Spirituality/Inspirational).

Practicing Mindfulness Jerry Braza 2020-10-06 Thousands of readers--from prisoners to priests--have embraced Jerry Braza's insights in this book, adopting and integrating the mindful practices and habits it presents. This new edition expands on the author's time-tested approach, introducing in-the-moment thinking and techniques for achieving clarity, focus and energy to a new generation of readers. Given the current uncertainty and changes throughout the world, all types of readers will find this guide to be useful--from those practicing mindfulness for the first time to meditation veterans. This practical guide to mindfulness contains reflections, actions and practices that will help you to: Reduce anxiety and stress Calm and quiet the mind Transform negative feelings and

habits Intensify personal connections and relationships Heighten productivity and concentration Address unresolved emotional issues and traumas Discover the power of contemplative practice This interactive book models best practices then invites the reader to participate through a Mindfulness Test, guided meditations, daily reflections and rituals, and thought-provoking and challenging questions and prompts to set readers on the path to more mindful living. Practicing mindfulness means performing all activities consciously. This awareness enables us to become more fully alive in each moment, enjoy more abundance, and avoid the stress and guilt that have been written into our habits. Based on the author's Mindfulness Training Program, Braza uses this book to gently provide simple exercises for applying these practices to our daily lives.

The Issue at Hand Gil Fronsdal 2008-02 Essays on Buddhist Mindfulness Practice. An inspiring and very accessible compilation of essays and edited talks on the Buddhist practice of mindfulness. As Gil Fronsdal states, "the search for the issue at hand is the search for what is closest at hand, for what is directly seen, heard, smelt, tasted, felt, and cognized in the present." Gil brings the practice of mindfulness not only to formal meditation but to all the varying aspects of every day life.

McMindfulness Ronald Purser 2019-07-09 A lively and razor-sharp critique of mindfulness as it has been enthusiastically co-opted by corporations, public schools, and the US military. Mindfulness is now all the rage. From celebrity endorsements to monks, neuroscientists and meditation coaches rubbing shoulders with CEOs at the World Economic Forum in Davos, it is clear that mindfulness has gone mainstream. Some have even called it a revolution. But what if, instead of changing the world, mindfulness has become a banal form of capitalist spirituality that mindlessly avoids social and political transformation, reinforcing the neoliberal status quo? In *McMindfulness*, Ronald Purser debunks the so-called "mindfulness revolution," exposing how corporations, schools, governments

and the military have co-opted it as technique for social control and self-pacification. A lively and razor-sharp critique, Purser busts the myths its salesmen rely on, challenging the narrative that stress is self-imposed and mindfulness is the cure-all. If we are to harness the truly revolutionary potential of mindfulness, we have to cast off its neoliberal shackles, liberating mindfulness for a collective awakening.

An Ordinary Dude's Guide to Meditation John Weiler There are hundreds of meditation books out there. Many written by monks, and some written by hippies and spiritual gurus. But how many of these books are written by an ordinary dude? Someone who is just like you: someone who has a day job, whose preferred outfit is jeans and a t-shirt, and enjoys knocking back a few beers on Friday night? I'm as ordinary as they come. The only difference...I've been meditating for over 13 years. And I want to show you how you can meditate too—in a straightforward language that any ordinary dude or dudette can understand. Over a decade of practice, meditation has transformed my life, bringing more peace, calm and clarity into it than I could have ever imagined when I started at the age of 19. And now, I want to share how meditation can do the same for you.

Pure and Simple Upasika Kee Nanayon 2012-08-20 Upasika Kee was a uniquely powerful spiritual teacher. Evocative of the great Ajahn Chah, her teachings are earthy, refreshingly direct, and hard-hitting. In the twentieth century, she grew to become one of the most famous teachers in Thailand—male or female—all the more remarkable because, rarer still, she was not a monastic but a layperson. Her relentless honesty, along with her encouraging voice, is one reason so many contemporary Buddhist teachers recall Upasika Kee so fondly, and so often. With this book, readers seeking something reminiscent of the classic *Mindfulness in Plain English* can receive instruction on meditation practice as they become acquainted with the legacy of a renowned Buddhist figure. Pure

and Simple, the first widely-available collection of her writings, will be gratefully received not only by those who knew Upasika Kee, but by anyone who encounters her for the first time in its pages. *Journey to Mindfulness* Henepola Gunaratana 2017-11-28 "The inspiring life-story of from the bestselling author of *Mindfulness in Plain English*--updated and expanded in honor of his 90th birthday. Bhante Gunaratana--Bhante G., as he is affectionately called--has long been among the most beloved Buddhist teachers in the West. Ordained at twelve, he would eventually become the first Buddhist chaplain at an American university, the founder of a retreat center and monastery, and a bestselling author. Here, Bhante G. lays bare the often-surprising ups and downs of his more than ninety years, from his boyhood in Sri Lanka to his decades of sharing the insights of the Buddha, telling his story with the "plain-English" good-humored approach for which he is so renowned. This expanded anniversary edition includes four new chapters in which Bhante reflects on the impact of the tsunami that struck his homeland in 2004 and his subsequent appearance on Larry King Live, his brief experiment in ordaining nuns at his monastery, as well intimate reflections on the loss of family members, and his own aging and infirmity--providing a model an inspiring model to us all of gracious equanimity"--

Buddhism for Beginners Judith Yandell 2019-05-07 Do You Want To Free Yourself From Stress And Anxiety? Would you like to bring peace and joy in your life? Many people hear the word "Buddhism" and they think it is a religion. However, a person of any religion can bring Buddhist principles into their life without giving up their religious beliefs. Buddhism is a simple and practical philosophy, practiced by more than 300 million people worldwide, that can make your life better and help you find inner peace and happiness. Buddhism is a way of living your life following a path of spiritual development that leads you to the truth of reality. "We are shaped by our thoughts; we

become what we think. When the mind is pure, joy follows like a shadow that never leaves." - Buddha Nowadays, Buddhism is becoming increasingly popular, thanks to the positive benefits it can bring to those who choose to practice it. By following the principles of Buddhism and by practicing mindfulness meditation you can reduce anxiety and stress and bring clarity and joy into your mind. If you want to learn how to apply the Buddhist philosophy in your everyday life, then this book is for you. You'll learn the principles of this philosophy along with the history of Buddha and his teachings that will help you successfully bring Buddhism into your everyday life. This book will give you the answers you're seeking in a format that is both simple and easy to understand, without obscure words or convoluted sentences. Inside Buddhism for Beginners, discover: How you can bring peace and joy in your life following the simple principles of Buddhism A simple but effective meditation technique for beginners to help you relieve stress and feel calmer, even if you've never meditated before The core Buddhist principles and teachings explained in plain english, without complex or obscure words The History of Buddhism, from its origins to the present day Why knowing and freeing your mind can help you bring peace and joy in your everyday life (with practical tips to help you start) A complete historical timeline of notable buddhist events to help you understand the development of this philosophy The principles you should pursue if you want to follow the path of Buddha An effective way to understand and practice Buddhism without feeling overwhelmed The truth about Karma and how it can actually help you change your life (many people don't know this) Practical tips to bring Buddhism into your everyday life and brighten your future. And much, much more. Now it's up to you. Even if right now you have no clue of Buddha's teachings, let joy and peace become part of your life and free you from stress and anxiety, you won't regret it! Scroll up and click the "Add to Cart" button!

Mindfulness in Plain English Henepola Gunaratana 2002 With over a quarter of a million copies sold, Mindfulness in Plain English is one of the most influential books in the burgeoning field of mindfulness and a timeless classic introduction to meditation. This is a book that people read, love, and give to everyone they know - a book that people talk about, write about, reflect on, and return to over and over again.

Buddhism Plain and Simple Steve Hagen 2011-06-21 Buddhism Plain and Simple offers a clear, straightforward treatise on Buddhism in general and on awareness in particular. When Buddha was asked to sum up his teaching in a single word, he said, "Awareness." The Buddha taught how to see directly into the nature of experience. His observations and insights are plain, practical, and down-to-earth, and they deal exclusively with the present. Longtime teacher of Buddhism Steve Hagen presents the Buddha's uncluttered, original teachings in everyday, accessible language unencumbered by religious ritual, tradition, or belief.

Buddhism for Beginners Thubten Chodron 2001-01-01 This easy-to-understand introduction to Buddhism is "written for people wanting to understand basic Buddhist principles and how to integrate them into their lives" (H.H. the Dalai Lama) This user's guide to Buddhist basics takes the most commonly asked questions—beginning with "What is the essence of the Buddha's teachings?"—and provides simple answers in plain English. Thubten Chodron's responses to the questions that always seem to arise among people approaching Buddhism make this an exceptionally complete and accessible introduction—as well as a manual for living a more peaceful, mindful, and satisfying life. Buddhism for Beginners is an ideal first book on the subject for anyone, but it's also a wonderful resource for seasoned students, since the question-and-answer format makes it easy to find just the topic you're looking for, such as: • What is the goal of the Buddhist path? • What is

karma? • If all phenomena are empty, does that mean nothing exists? • How can we deal with fear?
• How do I establish a regular meditation practice? • What are the qualities I should look for in a teacher? • What is Buddha-nature? • Why can't we remember our past lives?

Mindfulness at Work Oli Doyle 2017-01-12 Turn your job into a gateway to joy, contentment and stress-free living, with bestselling author Oli Doyle's six-week guide. In *Mindfulness at Work*, bestselling author and mindfulness guru Oli Doyle guides you through a six-week plan to show that even with demanding bosses and stressful environments, we actually can be happy at work. This guide will explore the possibilities that work provides for finding our stuck points, embracing difficult emotions and noticing the patterns of thought that keep us from feeling peaceful. Key learnings include: how to move beyond stressful future thinking to focus on what can be attended to now; how flow can benefit you and your organisation by making you calmer, more alert and more attentive to detail; and how to see work as your teacher rather than your project. The *Mindful Living* series is a new series of short mindfulness books dedicated to enhance three important areas of our lives: work, relationships and parenting. Oli Doyle shows that all the key domains of life provide great opportunities to practice mindfulness and discover peace of mind.

A Book That Takes Its Time Irene Smit 2017-10-03 Take time to breathe. Take time to create. Take time to reflect, take time to let go. A book that's unique in the way it mixes reading and doing, *A Book That Takes Its Time* is like a mindfulness retreat between two covers. Created in partnership with *Flow*, the groundbreaking international magazine that celebrates creativity, beautiful illustration, a love of paper, and life's little pleasures, *A Book That Takes Its Time* mixes articles, inspiring quotes, and what the editors call "goodies"—bound-in cards, mini-journals, stickers, posters, blank papers for collaging, and more—giving it a distinctly handcrafted, collectible feeling.

Read about the benefits of not multitasking, then turn to “The Joy of One Thing at a Time Notebook” tucked into the pages. After a short piece on the power of slowing down, fill in the designed notecards for a Beautiful Moments jar. Make a personal timeline. Learn the art of hand-lettering. Dig into your Beginner’s Mind. Embrace the art of quitting. Take the writing cure. And always smile. Move slowly and with intention through A Book That Takes Its Time, and discover that sweet place where life can be both thoughtful and playful.

Zen Meditation Plain and Simple Albert Low 2000-05-15 Zen is essentially a practice and not a dogma; no amount of theory or discussion will ever take the place of a few minutes of practice. Among the many books about Zen, there are few that explain simply, to the interested beginner, how to do Zen—how to just sit down and begin to work toward fulfillment of the promises offered by Zen. Zen Meditation Plain and Simple answers this need with concise, easily understood instructions on how to incorporate Zen into your daily life. Albert Low makes no glib claims or promises. He admits that the way of Zen is not an easy one to follow. But, for those willing to stop talking about Zen, stop thinking about Zen, and start working to be and do in the manner of Zen, Zen Meditation Plain and Simple offers just the right tool to get the job done.

The Four Foundations of Mindfulness in Plain English Henepola Gunaratana 2012-08-07 In simple and straightforward language, Bhante Gunaratana shares the Buddha's teachings on mindfulness and how we can use these principles to improve our daily lives, deepen our mindfulness, and move closer to our spiritual goals. Based on the classic Satipatthana Sutta, one of the most succinct yet rich explanations of meditation, Bhante's presentation is nonetheless thoroughly modern. The Satipatthana Sutta has become the basis of all mindfulness meditation, and Bhante unveils it to the reader in his trademark "plain English" style. Contemplating the Four Foundations

of Mindfulness--mindfulness of the body, of feelings, of the mind, and of phenomena themselves--is recommended for all practitioners. Newcomers will find *The Four Foundations of Mindfulness in Plain English* lays a strong groundwork for mindfulness practice and gives them all they need to get started right away, and old hands will find rich subtleties and insights to help consolidate and clarify what they may have begun to see for themselves. People at every state of the spiritual path will benefit from reading this book.

The Mindful Way through Depression Mark Williams 2012-06-04 If you've ever struggled with depression, take heart. Mindfulness, a simple yet powerful way of paying attention to your most difficult emotions and life experiences, can help you break the cycle of chronic unhappiness once and for all. In *The Mindful Way through Depression*, four uniquely qualified experts explain why our usual attempts to "think" our way out of a bad mood or just "snap out of it" lead us deeper into the downward spiral. Through insightful lessons drawn from both Eastern meditative traditions and cognitive therapy, they demonstrate how to sidestep the mental habits that lead to despair, including rumination and self-blame, so you can face life's challenges with greater resilience. This e-book includes an audio program of guided meditations, narrated by Jon Kabat-Zinn, for purchasers to stream or download from the web. See also the authors' *Mindful Way Workbook*, which provides step-by-step guidance for building your mindfulness practice in 8 weeks. Plus, mental health professionals, see also the authors' bestselling therapy guide: *Mindfulness-Based Cognitive Therapy for Depression, Second Edition*. Association for Behavioral and Cognitive Therapies (ABCT) Self-Help Book of Merit

Mindfulness Plain & Simple Oli Doyle 2014-07-31 *MINDFULNESS PLAIN & SIMPLE* provides the tools, tips and tricks you need to de-stress and de-clutter your mind. Inner peace and happiness are

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