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The Mindfulness Code: Keys for Overcoming Stress, Anxiety, Fear, and Unhappiness

By Donald Altman

NEW WORLD LIBRARY, United States, 2010. Paperback. Book Condition: New. 213 x 140 mm. Language: English . Brand New Book. This well-written book addresses the root problems in anybody's life, and Altman's suggestions will certainly prove beneficial to readers who follow them. author of Mindfulness in Plain English and Eight Mindful Steps to Happiness An antidote to the stress and hurriedness of modern life. Donald Altman reminds us that kindness, acceptance, and listening--just listening--are as admirable and transformative as any work or monetary achievement. coauthor of HappinessThe price we pay for today's fast-paced, always-connected life is often stress, anxiety, and depression. While drawing on ancient wisdom, Donald Altman embraces twenty-first-century brain science to create practical, everyday strategies for experiencing a less-encumbered, less-entangled state of being. These techniques reactivate natural abilities you already possess. The four keys for unlocking mindfulness are the body, the mind, the spirit, and relationships. Altman presents practices for turning each key toward contentment, confidence, and joy, including shifting our mental and emotional perceptions, inhabiting the body and its sense-abilities, exploring spiritual connection, and tapping into the healing powers of community and relationship. Inviting and accessible to those new to mindfulness but comprehensive enough for...



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