



How to Train a Wild Elephant & Other Adventures in Mindfulness: Simple Daily Mindfulness Practices for Living Life More Fully & Joyfully

By MD Jan Chozen Bays

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A growing body of research is showing that mindfulness can reduce stress, improve physical health, and improve one's overall quality of life.

Jan Chozen Bays, MD - physician and Zen teacher - has developed a series of simple practices to help us cultivate mindfulness as we go about our ordinary, daily lives. Exercises include: taking three deep breaths before answering the phone, noticing and adjusting your posture throughout the day, eating mindfully, and leaving no trace of yourself after using the kitchen or bathroom. Each exercise is presented with tips on how to remind yourself and a short life lesson connected with it.

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- Sales Rank: #61416 in Audible
- Published on: 2015-01-06
- Format: Unabridged
- Original language: English
- Running time: 366 minutes

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Precisely why? Because this How to Train a Wild Elephant & Other Adventures in Mindfulness: Simple Daily Mindfulness Practices for Living Life More Fully & Joyfully is an unordinary book that the inside of the publication waiting for you to snap the idea but latter it will shock you with the secret the item inside. Reading this book adjacent to it was fantastic author who also write the book in such amazing way makes the content on the inside easier to understand, entertaining way but still convey the meaning completely. So , it is good for you because of not hesitating having this any longer or you going to regret it. This excellent book will give you a lot of rewards than the other book include such as help improving your talent and your critical thinking method. So , still want to hesitate having that book? If I were you I will go to the publication store hurriedly.

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