



## **Mindful Choices for Well-Being: Mindful Awareness, Great Choices, Powerful Habits--With Mindful Choices Therapy (Paperback)**

By William C Shearer

Dog Ear Publishing, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Mindful Choices for Well-Being offers a holistic, action-oriented process of choosing and creating well-being using proven methods for transformational change. The Shearers developed Mindful Choices Therapy during three decades of clinical practice. A cornerstone of their method is the systematic mastery of 10 interrelated Mindful Choices: - Breath awareness and retraining - Begin and end days peacefully - Mindful eating - Cultivating mindfulness - Self-reflection - Living your values - Intentional relating - Mindful movement - Mindful Choices tools - Self-acceptance Self-compassion Their how-to manual for life planning features fictional characters going through real-life struggles and changes, providing examples of a powerful therapy that blends neuroscience, Buddhist psychology, contemplative traditions, and mindfulness-based behavioral therapies. The tools described in the book will help you move from a life of too much stress and anxiety (what the authors call dis-ease) to a life of well-being, balance, and a deep sense of purpose. Instead of acting on autopilot, falling back on habits learned over a lifetime, you can learn how to mindfully make clear choices aimed at creating the life you truly want. Mindful...

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