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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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Reviews

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It is easy in study safer to comprehend. It can be writter in basic phrases and never confusing. It is extremely difficult to leave it before concluding, once you begin to read the book.

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