



Happiness the Mindful Way

Ken A. Varni

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Happiness: The Mindful Way is a practical step-by-step guide to help focus the mind, improve performance, and be happy.

This easy-to-follow, step-by-step guide is filled with infographics and questionnaires, making the road to happiness an enjoyable, personal journey. Discover how breathing techniques, body scanning, and simple meditation can help you be in the present moment, lessen anxiety, and distance yourself from damaging emotions. The range of methods presented makes it easy to tailor a program to fit your needs.

From coping with anxiety to breaking bad habits to making a speech in front of a crowd, *Happiness: The Mindful Way* offers foolproof methods and expert advice for gaining resilience, confidence, and communication skills, and becoming more successful in the pursuit of your goals.

Happiness the Mindful Way Details

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From Reader Review Happiness the Mindful Way for online ebook

Joyce says

Cheerful explanation of how mindfulness works the DK way. Simple introduction.

Adelia says

I read this book almost every night before bed and sometimes first thing I do when I wake up, and it's totally changed my life. I'm not embarrassed to admit I have mental health slip ups, like everyone does, and this book has a gentle tone and provides solid assistance and tactics to dealing with a racing mind. I love this book so much! Read it

Daron says

What a beautiful, breezy, but thorough introduction to mindfulness. I love that it goes beyond breath awareness and offers a variety of exercises related to ordinary senses and perceptions. It has one of the most concise and relevant brain science summaries that I've come across. I plan to draw from it in future classes and workshops. I also really like the thought-provoking self-assessment questionnaires to assist you in exploring various practical aspects of self-awareness.

You'll find a variety of exercises to explore — including three programs (4, 6, and 8-week) to help establish a formal or timed practice routine — as well as strategies for applying insights to ordinary life challenges (job interviews, public speaking, relationship communication, and anxiousness).

A lot of intention went into the design of this book. It's visually appealing with just the right amount of illustrations. It will especially appeal to readers looking for a non-dogmatic introduction to mindfulness and a quick yet thorough overview of its many potential applications.

Jennifer Kirkwood (Levac) says

This is a great book to learn how to be more mindful in everyday life and work towards happiness. I have been working on being more mindful each and everyday, looking for positives and learning to become less stressed in daily life. This is a great guide for beginners and intermediates. The exercises in this book are explained really well and have crisp clean diagrams to help you visualize what the author is asking you to do. Learn how to be more mindful in communication with others, in everyday activities including house work. Learn how to relax and meditate on objects, body scan meditation, a section on your inner rollercoaster, learn to rid negative self-talk.

I have been slowly reworking through this book and learning how to meditate daily. This has really helped me after a recent injury to my shoulder. The body scan meditation was also recommended by my massage therapist. This has helped with dealing with my pain without turning to medications. I really recommend this

book to anyone wanting to work on personal development and learn to be more mindful in their daily lives. This will be one of my regular go to books for meditation. I give this book 5 stars!

I received a copy of this book in exchange for an honest review.

Nicu Grosan says

Practical and simple guide to mindfulness...

Yen Lian says

This is a very good handbook for someone who wants to start practicing mindfulness and incorporate that into their lives. It offers a comprehensive guide and a step by step method in learning to be mindful and applying it daily. I've practiced some of the methods given and so far it has been useful and applicable.

I love the later section in the book which provided ways to practice mindfulness and applying it in life's situation like learning a subject, facing exams, dealing with crisis, teaching it to children and etc.

The topics are conveyed in a compact manner spread across 2 pages yet contained profound wisdom. I love the snippets of notes/tips that spreads across the pages which augmented the facts and doesn't break the flow.

Justin says

I received this book, for free, in exchange for an honest review.

Most mindfulness books are pretty interchangeable. There will be a few exercises, like following your breath, and a discussion on how to practice that repeats hints you can find in most other mindfulness books.

This book doesn't escape that pattern. However, unlike many other books it contains all the popular practices in one place (there aren't that many popular practices, maybe a half dozen). It also has more of information on how to practice than you'd find elsewhere. I still think this book is mostly old content, but there is enough new content here to make this a valuable resource.

This book is beautifully laid out which makes the experience more pleasant. Great care has been lavished on this book and I highly recommend it, especially to those new to mindfulness.

Aitchd says

To begin with, I found the book to be fairly inspiring, but this fizzled out somewhat as it went on and focused on specific experiences such as taking exams and being interviewed etc. It started to cover a lot of breadth, but superficially. I do think, however, that it would serve well as an initial introduction for studying

mindfulness. In my case, I'd already studied the subject for a while.

Stephanie says

I've been dabbling in mindfulness for a little while now but it didn't seem to work with me. However, this book is brilliant. It has much more information on mindfulness, its origins, how it helps and what it can do for you. Just the sort of book that inspires me to keep going with mindfulness.

It has a selection of classic meditations laid out in an easy to follow format and also 3 different programmes you can follow to build your meditation gradually - this was a real eye opener for me, that I should build it gradually into my life!

It also has some sections to deal with life skills and how to apply mindfulness to them (such as decision making, stress, relationships). It also has mindfulness tips for different situations (such as studying, exams, job interviews, negotiations).

All in all its very informative and I think I'll be coming back to this book often.

Lucy says

Truly mind blowing!

I gave this five star because it's so helpful, it's like a Mindfulness Bible! It's something you can come back to again and again, I actually borrowed this from the library and I really think it's the best one I've read so far! It's very clear, it's uses visual aids, it's colourful and thorough. Love it!

Diane B says

The kind of book you can randomly open to any page for inspiration and contemplation. I very much appreciate the practical approach.

GONZA says

Probably the best book on the Mindfulness for absolute beginners that I have read recently. Very easy to read, with lots of tips to apply "here and now" and various possible solutions to traumatic events that can happen in our lives.

Probabilmente il miglior libro sulla Mindfulness per absolute beginners che io abbia letto recentemente. Chiarissimo, con moltissimi suggerimenti da applicare "qui ed ora" e varie e possibili soluzioni ad eventi traumatici che possono capitare nella nostra vita.

THANKS TO EDELWEISS AND DK FOR THE PREVIEW!

Kirstin Korinko says

great tips!

Josephine says

Each section allows you to learn skills and move along your path to mindfulness without feeling overwhelmed. The diagrams and pictures break up the text so you're not trying to absorb too much at once. It's practical, and simple.

Luanne Ollivier says

Well, we're a few weeks into 2017 already. Did you make some New Year's Resolutions? I prefer to think of it as changes I would like to implement over the coming year. My changes involve both mind and body. To that end, DK Canada has some great books to help you make some positive changes this year!

Mindfulness is a subject that I've heard much about and have been meaning to investigate and I've decided that now is the time. *Happiness the Mindful Way: A Practical Guide* seemed like a good book to start with. Plus, I always love how DK lays out their books - text boxes, colour photos, infographics, white space and clear concise information.

I leafed through the book at first - there is so much info packed into 217 pages. What I got from those first few random readings was a sense that yes, I would find valuable insights within. So, with that in mind, I went back and started with page one.

What is mindfulness you ask? The definition from *Happiness the Mindful Way*:

'It is a practice of purposefully paying attention in the present moment and bringing a non judgemental, compassionate awareness to the nature of things. It is a way of being, a way of relating to our inner and outer experiences, and a coming to our senses, literally and figuratively. At the same time, it is nothing at all, nothing but a rediscovery or a remembering of our natural inborn capacity to be fully awake in our lives, in contact with things in a direct way without the filters of concepts, past experiences, or likes and dislikes."

Okaaaay....how to begin.... The first chapter was eye opening - I found I could only read an entry or two at a time - I needed to take the time to think about and absorb the information. As I finished that first chapter, I realized that this was something I really wanted to learn and put into practice. It's not going to happen overnight, so I can't expound on the entire book at this time. But I will say that so far it has been excellent. The first chapter was *Discovering Mindfulness*. Further chapters are *Toward a Mindful You*, *Mindfulness Meditation*, *Mindfulness Life Skills* and *Mindfulness When You Need It*. An index at the end lets you quickly find certain subjects - anxiety, pain, etc.

Happiness The Mindful Way is a great introduction and beginner's guide. And a book I'll be referring to often

