



## Creative Mindfulness: 20+ Strategies for Wellness Recovery

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By Dr Jamie Marich

Mindful Ohio, United States, 2013. Paperback. Book Condition: New. 272 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Mindfulness is the ancient practice of noticing without judgment. The medical and psychological professions cannot help but notice the mounting evidence of its efficacy in improving health and overall wellness. Whether mindfulness is used as a gateway to higher spiritual growth or as a path to more balanced living, the applications of mindfulness are various.as are the ways to achieve it. In this book, you will learn 20 practical ways to put mindfulness to work for you, even if you don t consider yourself to be meditative or spiritual. In addition to the 20 core skills covered here, you will obtain numerous tips on how to be creative with the skills or modify for your own needs. Ideal for all audiences, whether you are seeking pathways to improving your own wellness or helping others along their journey! . Easy to learn . Multisensory . Practical . Applicable to daily life . Learn to retrain your brain . Ideal for stress management . Complements many recovery approaches.



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