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Accessible and portable, The Headspace Guide to Meditation and Mindfulness offers simple but powerful meditation techniques that positively impact every area of physical and mental health: from productivity and focus, to stress and anxiety relief, sleep, weight-loss, personal relationships...the benefits are

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Meditation has been shown to help people stress less, focus more and even sleep better. Headspace is meditation made simple. We'll teach you the life-changing skills of meditation and

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*Guided Meditation and Mindfulness - The
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By Andy Puddicombe. This is a book about meditation. But not as you know it. There's no chanting, no sitting cross-legged and no need for scented candles. Andy Puddicombe, Co-founder of

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Headspace, shows you how just ten minutes' meditation each day can change your life.

Guided Meditation - Headspace

The Headspace mission is to get as many people taking just 10 minutes out of their day to practise these powerful mindfulness techniques. Mindful eating

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is a key aspect of mindfulness and as you start to practise it you will notice profound results, both in terms of your shape but also your overall health and well being.

What Is Mindfulness? - Headspace

The former Buddhist monk and author of
The Headspace Guide to Meditation &

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Mindfulness believes that the key is,
quite simply, just a little mindfulness."

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only book on meditation you will ever
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*The Headspace Guide to Meditation &
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If you're just beginning a practice, a guided mindfulness meditation — led by a teacher in person or via the Headspace app — might be a good place to start. Having a trusted, experienced teacher guide you through the basic

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steps can be key to getting the most out of the experience.

The Headspace Guide to Meditation and Mindfulness (□□)

Widely acknowledged as one of the world's foremost experts on mindfulness, Andy Puddicombe, co-founder of Headspace, is your friendly

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guide in this wonderful new approach to pregnancy, birth and new parenthood.

Why I'm into meditation | Bill Gates

I have been following headspace for a couple of years, and appreciate the difference it has made in my life. This guide by Andy Puddicombe is great for beginners and pros alike, as it helps you

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understand the why behind meditation,
how it could potentially help you, and
how to incorporate mindfulness in all
facets of your life.

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Meditation : Andy ...*

If you want to try meditation for
yourself, one good way to ease into

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it—especially if you're as skeptical as I was—is to pick up a copy of Andy's book, *The Headspace Guide to Meditation and Mindfulness*. Andy's a witty storyteller and offers lots of helpful metaphors to explain potentially tricky concepts, which makes the book an easy, enjoyable read.

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personal relationships...the benefits are limitless. The result?

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Headspace exists to improve the health

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and happiness of people through mindfulness and meditation. In this book, Puddicombe the foremost mindfulness expert guides us through the steps of meditation in various ways, through eating, walking, running, sitting and sleeping.

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The benefits of mindfulness and meditation are well documented and here Andy brings this ancient practice into the modern world, tailor made for the most time starved among us. First published as Get Some Headspace, this reissue shows you how just 10 minutes of mediation per day can bring about life

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changing results.

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*Meditation and Sleep Made Simple -
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It's a perfectly fine book, but if you have
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Change Your Life in Ten Minutes a Day,
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world's foremost experts on
mindfulness, Andy Puddicombe, co -
founder of Headspace, is your friendly
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