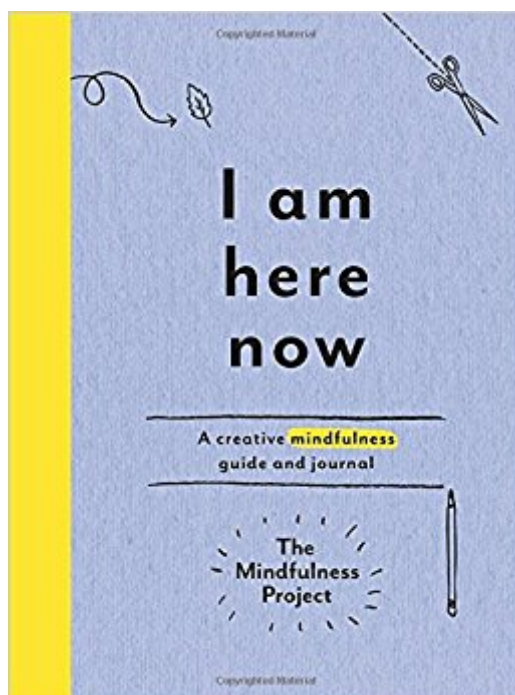


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# I Am Here Now: A Creative Mindfulness Guide And Journal



## Synopsis

Mindfulness is the simple and powerful practice of training your attention. It's simple in that it's just about paying attention to what's happening here and now, and powerful because it can keep you from getting lost in thoughts about the future or past, which often generate more stress on top of the real pressures of everyday life. While learning to live in the moment, the joyful mindfulness exercises, meditations, coloring pages, and habit-breakers in this beautifully designed and illustrated book will challenge your powers of observation, investigation, and cultivation while bringing new awareness to your senses, thoughts, and emotions. *I Am Here Now* inspires readers to explore the world with greater curiosity and find moments of mindfulness in everyday life, while unleashing your creativity along the way.

## Book Information

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## Customer Reviews

The authors of this book, Alexandra Frey and Autumn Totton, are the founders of the Mindfulness Project. The Mindfulness Project is a platform for teaching and spreading mindfulness, which is done through a center in London and internationally through a range of online programs. Its team of expert teachers runs eight-week courses to build the essential skills of mindfulness and also offers advanced courses, drop-in classes, workshops, and seminars on a range of mindful-living topics. Alexandra, Autumn, and everyone at the Mindfulness Project are deeply motivated by the way the practice has changed and enriched their own lives and by the huge evidence base that shows it has the potential to do the same for many others.

This is filled with lots of fun mindfulness activities and information without it feeling like it's being drilled into your head. I love it, I think it's a good book for anyone who wants to be more mindful/ learn about mindfulness.

Great book for my daughter. Glad I purchased. She said that it does open your mind.

I love this book! It's very relaxing to do and I'm looking forward to the future and reading my answers.

I always refer to this when I need a break from work or life to ground me on why I am here.

This book has some great activities to help train yourself to start living in the moment instead of stressing about the future. The activities helped my husband be more productive because he was able to cope better with his anxiety. The activities are entertaining and varied.

This book was shipped very quickly. The product is exactly as it is in the picture. Looking forward to reading it.

I have always had terrible anxiety. This book helps my mind to slow down and focus on positivity. If you have ever had issues with stress before, get your hands on a copy of this. You won't regret it!

This book is fantastic, especially for one who is trying to be more mindful in life.

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