

Michael James

Mindfulness And You

LEARN HOW TO RELAX AND BE A
HAPPIER, CALMER YOU THROUGH
MINDFULNESS



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About the Author

Michael James's quest is to have people create a better life for themselves and to give them the resources and tools to make it happen.

His passion is to see people become happier and more successful in life.

Many want to change their lives, but few are willing to do simple exercises over a period that will support you into something far greater.

True success is when you take action daily.

Michael's journey to excellence has been fueled with an unrelenting passion for teaching people how to find their voice and understand their worth.

"Do what you have always done and you'll get what you have always got"

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INTRODUCTION



INTRODUCTION

Many of us spend large parts of our lives on auto pilot, not aware of what we are experiencing, missing out on all the sights and sounds and smells and connections and joys we could appreciate. Some of that time our minds seem "switched off," and other times caught in thoughts from the past (often regrets) or plans for the future, much of which is repetitive.

Once you find yourself feeling this way, it can seem nearly impossible to wake yourself back up to the beauty and benefits of life. This can then cause you to feel completely hopeless and tired of your own life, and your health, both physically and mentally, may suffer.

Luckily, there is a way to improve your life even during the most chaotic or stressful of times. Studies have shown that mindfulness is a key technique for improving your body, mind, and spirit no matter the situation, even times of chaos.

Mindfulness helps us be present in our lives and gives us some control over our reactions and repetitive thought patterns. It helps us pause, get a clearer picture of a situation, and respond more skillfully.

Mindfulness positively impacts our mental health by decreasing judgment and decreasing the amount of time we spend daydreaming about the past and the future.

The present moment is the only moment in which our life occurs and we neglect it at a great cost.

Who Should Read This Book?

This book will be especially helpful for those who have never tried or practiced mindfulness before. We have specifically created this book with the inexperienced user in mind, allowing it to be a beginner's guide of sorts.

Even if you have practiced mindfulness before, this book may be useful. We offer a variety of unique practice ideas, tips, and tricks that will help you enhance your current mindfulness practice.

Book Layout

We begin by looking at mindfulness and what it means to be mindful during chaotic times. Then, we move on to discuss how to use mindfulness to improve your body, mind, spirit, and personal growth. In the last two chapters, we discuss how meditation can affect mindfulness and offer key tips on how to bring together all of the tools we have learned in the book.

Without further ado, let us get started learning about mindfulness and how it can improve your entire essence and well-being.