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Nota di contenuto	Title Page -- Copyright -- Contents -- Preface -- What Is a Cool Mind? -- Why Do I Want a Cool Mind? -- How Do I Get a Cool Mind? -- How Do I Practice Meditation? -- The Techniques -- 1. Cool Mindfulness -- 2. Cool Relaxation -- 3. Cool Visualizations -- 4. Cool Performances -- 5. Cool Power -- 6. Cool Healing -- 7. Cool Walking -- 8. Cool Clarity -- 9. Cool Focus -- 10. Cool Gratitude -- 11. Cool Release -- Extra Stuff -- A Final Word -- About the Author -- E-mail Sign-Up
Sommario/riassunto	David Keefe's 'Cool Mind' offers practical techniques for stress management and improving concentration through relaxation and meditation. Aimed at individuals seeking to manage stress in everyday situations like exams, sports, and social interactions, the book emphasizes cultivating a 'Cool Mind'—a state of calmness and control over one's emotions. Keefe explains that stress and anxiety often arise from negative thought patterns and provides methods to shift these to more positive thinking. By practicing mindfulness and meditation, readers can learn to let go of resistance to stressors, leading to improved decision-making and emotional well-being. The book is designed for a broad audience, including students and professionals, seeking to enhance their mental clarity and reduce stress-related symptoms.

