

1. Record Nr.	UNINA9910798928803321
Autore	Alidina Shamash
Titolo	Mindfulness // Shamash Alidina
Pubbl/distr/stampa	Hoboken, New Jersey : , : John Wiley & Sons, Incorporated, , [2020] ©2020
ISBN	1-119-64161-6 1-119-64160-8
Edizione	[Third edition.]
Descrizione fisica	1 online resource (403 pages) : illustrations
Disciplina	294.34435
Soggetti	Meditation - Buddhism Respiration - Religious aspects - Buddhism
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Nota di contenuto	Intro -- Title Page -- Copyright Page -- Table of Contents -- Introduction -- About This Book -- Foolish Assumptions -- Icons Used in This Book -- Beyond the Book -- Cheat Sheet -- Guided mindfulness -- Where to Go from Here -- Part 1 Getting Started with Mindfulness -- Chapter 1 Discovering Mindfulness -- Understanding the Meaning of Mindfulness -- Looking at Mindfulness Meditation -- Using Mindfulness to Help You -- Allowing space to heal -- Enjoying greater relaxation -- Improving focus and feeling happier -- Developing greater wisdom -- Discovering your true self -- Starting the Mindfulness Adventure -- Beginning the voyage -- Overcoming challenges -- Exploring the journey of a lifetime -- Chapter 2 Enjoying the Benefits of Mindfulness -- Relaxing the Body -- Getting back in touch -- Boosting your immune system -- Reducing pain -- Slowing down the ageing process -- Calming the Mind -- Listening to your thoughts -- Making better decisions -- Coming to your senses -- Creating an attentive mind -- Soothing Your Emotions -- Understanding your emotions -- Managing feelings differently -- Uplifting Your Spirit -- Knowing Thyself: Discovering Your Observer Self -- Part 2 Preparing the Ground for Mindful Living -- Chapter 3 Making Mindfulness a Daily Habit -- Discovering the Secret to Change -- Designing your life for mindfulness -- Starting small: The secret to

creating new habits -- Being playful with your new habit -- Watering the seeds of your mindful habits -- Scattering seeds of mindfulness throughout the day -- Exploring Your Intentions -- Clarifying intention in mindfulness -- Finding what you're looking for -- Developing a vision -- Practising mindfulness for everyone's benefit -- Preparing Yourself for Mindfulness -- Looking beyond problem-solving -- Dealing with resistance to practise -- Chapter 4 Growing Healthy Attitudes.

Knowing How Attitude Affects Outcome -- Discovering Your Attitudes to Mindfulness -- Developing Helpful Attitudes -- Understanding acceptance -- Discovering patience -- Seeing afresh -- Finding trust -- Cultivating curiosity -- Letting go -- Developing kindness -- Appreciating 'Heartfulness' -- Developing an Attitude of Gratitude -- Letting go through forgiveness -- Tackling Unhelpful Attitudes -- Avoiding quick-fix solutions -- Overcoming perfectionism -- Finding out from failure -- Chapter 5 Humans Being Versus Humans Doing -- Delving into the Doing Mode of Mind -- Embracing the Being Mode of Mind -- Combining Being and Doing -- Overcoming Obsessive Doing: Distinguishing Wants from Needs -- Being in the Zone: The Psychology of Flow -- Understanding the factors of mindful flow -- Discovering your flow experiences -- Encouraging a Being Mode of Mind -- Dealing with emotions using being mode -- Finding time to just be -- Living in the moment -- Part 3 Practising Mindfulness -- Chapter 6 Getting Into Formal Mindfulness Meditation Practise -- Preparing Your Body and Mind for Mindfulness Meditation -- Savouring Mindful Eating Meditation -- Calming with Mindful Breathing Meditation -- Engaging in Mindful Movement -- Trying Out the Body Scan Meditation -- Practising the body scan -- Appreciating the benefits of the body scan meditation -- Overcoming body scan obstacles -- Enjoying Sitting Meditation -- Finding a posture that's right for you -- Practising sitting meditation -- Overcoming sitting meditation obstacles -- Stepping Out with Walking Meditations -- Examining your walking habits -- Practising formal walking meditation -- Trying alternative walking meditations -- Overcoming walking meditation obstacles -- Generating Compassion: Metta Meditations -- Practising loving kindness meditation -- Overcoming metta meditation obstacles.

Chapter 7 Using Mindfulness for Yourself and Others -- Using a Mini Mindful Exercise -- Introducing the breathing space -- Practising the breathing space -- Using the breathing space between activities -- Using Mindfulness to Look After Yourself -- Exercising mindfully -- Preparing for sleep with mindfulness -- Looking at a mindful work-life balance -- Using Mindfulness in Relationships -- Starting with your relationship with yourself -- Dealing with arguments in romantic relationships: A mindful way to greater peace -- Engaging in deep listening -- Being aware of expectations -- Looking into the mirror of relationships -- Working with your emotions -- Seeing everyone as your teacher -- Chapter 8 Using Mindfulness in Your Daily Life -- Using Mindfulness at Work -- Beginning the day mindfully -- Dropping in with mini meditations -- Going from reacting to responding -- Solving problems creatively -- Practising mindful working -- Trying single-tasking: Discovering the multi-tasking myth -- Finishing by letting go -- Using Mindfulness on the Move -- Walking mindfully -- Driving mindfully -- Travelling mindfully on public transport -- Using Mindfulness in the Home -- Waking up mindfully -- Doing everyday tasks with awareness -- Second hunger: Overcoming problem eating -- Living Mindfully in the Digital Age -- Assessing your level of addiction to technology -- Using mindfulness to get back in control -- Using technology to enhance mindful awareness -- Chapter 9 Establishing

Your Own Mindfulness Routine -- Trying an Evidence-Based Mindfulness Course -- Week One: Understanding automatic pilot -- Week Two: Dealing with barriers -- Week Three: Being mindful in movement -- Week Four: Staying present -- Week Five: Embracing acceptance -- Week Six: Realising that thoughts are just thoughts -- Week Seven: Taking care of yourself.

Week Eight: Reflection and change -- Choosing What to Practise for Quick Stress Reduction -- Going Even Deeper -- Discovering the value of silence -- Setting aside a day for mindfulness -- Joining a group -- Finding an appropriate retreat -- Chapter 10 Dealing with Setbacks and Transcending Distractions -- Getting the Most Out of Meditation -- Making time -- Rising above boredom and restlessness -- Staying awake during mindful meditation -- Finding a focus -- Re-charging enthusiasm -- Dealing with Common Distractions -- Handling unusual experiences -- Learning to relax -- Developing patience -- Learning from Negative Experiences -- Dealing with physical discomfort -- Getting over difficult emotions -- Accepting your progress -- Going beyond unhelpful thoughts -- Finding a Personal Path -- Approaching difficulties with kindness -- Understanding why you're bothering -- Realising that setbacks are inevitable -- Setting realistic expectations -- Part 4 Reaping the Rewards of Mindfulness -- Chapter 11 Discovering Greater Happiness -- Discovering the Way to Happiness -- Happiness requires effort and skill -- Exploring your ideas about happiness -- Challenging assumptions about happiness -- Applying Mindfulness with Positive Psychology -- Understanding the three ways to happiness -- Using your personal strengths mindfully -- Writing a gratitude journal -- Savouring the moment -- Helping others mindfully -- Generating Positive Emotions with Mindfulness -- Breathing and smiling -- Mindful laughter -- Releasing Your Creativity -- Exploring creativity -- Creating conditions for originality -- Chapter 12 Reducing Stress, Anger and Fatigue -- Using Mindfulness to Reduce Stress -- Understanding your stress -- Noticing the early signs of stress -- Assessing your stress -- Moving from reacting to responding to stress -- Breathing with your stress.

Using your mind to manage stress -- Cooling Down Your Anger -- Understanding anger -- Coping when the fire rises up -- Reducing Fatigue -- Assessing your energy levels -- Discovering energy drainers -- Finding what uplifts you -- Using meditations to rise and sparkle -- Chapter 13 Using Mindfulness to Combat Anxiety, Depression and Addiction -- Exploring Acceptance and Commitment Therapy -- All human minds suffer - it's natural -- Six core skills of ACT -- Doing ACT exercises -- Dealing Mindfully with Depression -- Understanding depression -- Understanding why depression recurs -- Using mindfulness to change your relationship to low mood -- Discovering Mindfulness-Based Cognitive Therapy (MBCT) -- Pleasant and Unpleasant Experiences -- Interpreting thoughts and feelings -- Combating automatic thoughts -- Alternative viewpoints -- De-centring from difficult thoughts -- Listing your activities -- Making wise choices -- Using a depression warning system -- Calming Anxiety: Let It Be -- Feel the fear . . . and make friends with it -- Using mindfulness to cope with anxiety -- Being with anxious feelings -- Overcoming Addiction -- Understanding a mindful approach to addiction -- Discovering urge surfing: The mindful key to unlocking addiction -- Managing relapse: Discovering the surprising secret for success -- Chapter 14 Getting Physical: Healing the Body -- Contemplating Wholeness: Healing from Within -- Seeing the Connection between Mind and Body -- Accepting Your Limits -- Rising above Your Illness -- Using Mindfulness to Accept Pain -- Knowing the

difference between pain and suffering -- Working with pain -- Using Mindfulness during Ill Health -- Aiding the healing process -- Chapter 15 Sharing Mindfulness with Children -- Children and Mindfulness: A Natural Combination -- Teaching Mindfulness to Children -- Setting an example -- Taking baby steps.
Playing Mindfulness Games and Exercises.
