

MATTHEW SOCKOLOV

# PRACTICING MINDFULNESS

**75 ESSENTIAL MEDITATIONS**

to Reduce Stress, Improve Mental Health,  
and Find Peace in the Everyday



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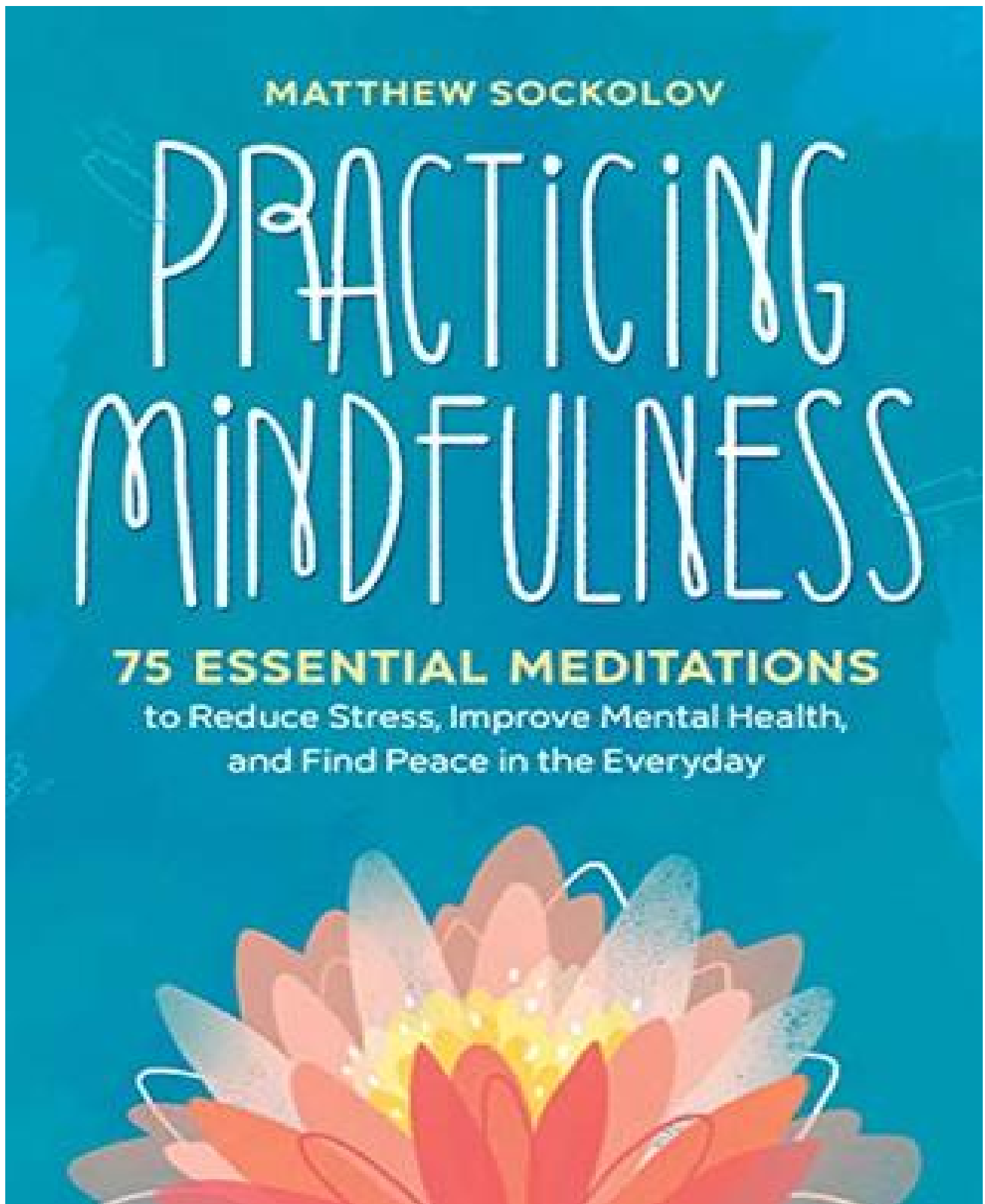
## **Book details**

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# **Synopsis book**

It's easy to disconnect when life moves fast. Practicing Mindfulness offers effective exercises and meditations to live every moment of your daily routine, in the moment. From finding your breath to feeling grounded, these practice-based exercises make integrating mindfulness into your routine easy. With over 75 essential meditations that take between 5-20 minutes from start to finish, Practicing Mindfulness is an approachable way to apply mindfulness in your day-to-day life. Reduce stress, improve mental health, and stay present no matter what the day holds when you practice mindfulness, with: Mindfulness 101 that provides clear explanations of what mindfulness is, along with why and how it helps in your day-to-day life 75 mindfulness exercises that are organized by difficulty to help develop your practice Practical advice for overcoming obstacles to your mindfulness practice like how to deal with distracting noises or fight off sleepiness Today and every day, mindfulness takes practice.

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MATTHEW SOCKOLOV

# PRACTICING MINDFULNESS

**75 ESSENTIAL MEDITATIONS**

to Reduce Stress, Improve Mental Health,  
and Find Peace in the Everyday



It's easy to disconnect when life moves fast. Practicing Mindfulness offers effective exercises and meditations to live every moment of your daily routine, in the moment. From finding your breath to feeling grounded, these practice-based exercises make integrating mindfulness into your routine easy. With over 75 essential meditations that take between 5-20 minutes from start to finish, Practicing Mindfulness is an approachable way to apply mindfulness in your day-to-day life. Reduce stress, improve mental health, and stay present no matter what the day holds when you practice mindfulness, with: Mindfulness 101 that provides clear explanations of what mindfulness is, along with why and how it helps in your day-to-day life. 75 mindfulness exercises that are organized by difficulty to help develop your practice. Practical advice for overcoming obstacles to your mindfulness practice like how to deal with distracting noises or fight off sleepiness. Today and every day, mindfulness takes practice.

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## **Description**

It's easy to disconnect when life moves fast. Practicing Mindfulness offers effective exercises and meditations to live every moment of your daily routine, in the moment. From finding your breath to feeling grounded, these practice-based exercises make integrating mindfulness into your routine easy. With over 75 essential meditations that take between 5-20 minutes from start to finish, Practicing Mindfulness is an approachable way to apply mindfulness in your day-to-day life. Reduce stress, improve mental health, and stay present no matter what the day holds when you practice mindfulness, with: Mindfulness 101 that provides clear explanations of what mindfulness is, along with why and how it helps in your day-to-day life. 75 mindfulness exercises that are organized by difficulty to help develop your practice. Practical advice for overcoming obstacles to your mindfulness practice like how to deal with distracting noises or fight off sleepiness. Today and every day, mindfulness takes practice.



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