



## **25 Lessons in Mindfulness: Now Time for Healthy Living (APA Life Tools)**

*Rezvan Ameli, PhD*

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The practice of mindfulness has received increasing recognition in recent years as a simple, important, and effective means for maintaining physical and emotional health and well-being. This book presents a practical, step-by-step approach for establishing your own mindfulness practice. Brief introductory chapters explain the scientifically proven effects on health, as well as the philosophy behind this ancient practice. The remainder of the book consists of 25 experiential lessons that guide you through various meditative practices. You will learn to be mindful of your breath, sounds, sights, tastes, movements, physical sensations, thoughts, and feelings as you maintain a compassionate attitude toward yourself and others.



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