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## Capturing Mindfulness (Paperback)

By Matthew Johnstone

Little, Brown Book Group, United Kingdom, 2014. Paperback. Condition: New. Language: English . Brand New Book. There are few better ways to consciously slow down and truly engage with your surroundings than when you are armed with a camera. With Capturing Mindfulness, de-stressing and being in the moment needn't be limited to simple diary-keeping and fill-in journals; instead you can capture it with your lens. Bestselling author Matthew Johnstone's latest book Capturing Mindfulness, is a natural follow on from his last book Quiet the Mind which came out in 2012. Matthew has been practicing what he terms photopresent for the last 15 years and believes that next to meditation, this is one of the most creative and enjoyable ways to attain mindfulness in day-to-day life. The very essence of photography; after all, is all about focus and capturing the moment. Matthew is fascinated by light, colour, composition and most importantly how he can see the world differently. For him, having camera in your hands is the reminder to consciously slow everything down from your breath, to your walk, to your thoughts and begin to really observe your surroundings as if seeing them for the first time. Mindfulness photography is about...



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