



## I am Here Now: A Creative Mindfulness Guide and Journal

By The Mindfulness Project

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, I am Here Now: A Creative Mindfulness Guide and Journal, The Mindfulness Project, "An essential guide to mindfulness, filled with tools and practices that can enhance our well-being." (Arianna Huffington). I am here now will inspire you to explore your world with greater curiosity and find moments of mindfulness in everyday life while unleashing your creativity along the way. Be here now with exercises to challenge your powers of observation, investigation and cultivation and bring new awareness to your senses, thoughts and emotions. Practise meditation with the I am here now audio track, guided by internationally renowned mindfulness teacher Tara Brach. Use the field notes pages to record your findings and capture your insights. "Mindfulness is a simple and very powerful practice of training our attention. It's simple in that it's really just about paying attention to what's happening here and now (i.e. sensations, thoughts, and emotions) in a non-judgemental way. It's powerful because it can interrupt the habit of getting lost in thoughts, mostly about the future or past, which often generates more stress on top of the real pressures of everyday life." (The Mindfulness Project).



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