



One-Minute Mindfulness: 50 Simple Ways to Find Peace, Clarity, and New Possibilities in a Stressed-Out World

By Donald Altman

[Download now](#)

[Read Online](#) 

One-Minute Mindfulness: 50 Simple Ways to Find Peace, Clarity, and New Possibilities in a Stressed-Out World By Donald Altman

Being fully in each moment leads to peace and well-being — but it's harder than it sounds, especially in a world with constant demands on our time and attention. How do you practice mindfulness when you're faced with difficult coworkers, overwhelming schedules, or stubborn kids? In this book, Donald Altman brings the benefits of mindfulness down to earth and into everyday life. With fifty exercises and practices to build awareness and center attention, you will discover how to savor routine pleasures, build fulfillment in your work, enhance and heal relationships, change unhealthy habits, and connect to peace even in the midst of chaos or uncertainty.

 [Download One-Minute Mindfulness: 50 Simple Ways to Find Pea ...pdf](#)

 [Read Online One-Minute Mindfulness: 50 Simple Ways to Find P ...pdf](#)

One-Minute Mindfulness: 50 Simple Ways to Find Peace, Clarity, and New Possibilities in a Stressed-Out World

By Donald Altman

One-Minute Mindfulness: 50 Simple Ways to Find Peace, Clarity, and New Possibilities in a Stressed-Out World By Donald Altman

Being fully in each moment leads to peace and well-being — but it's harder than it sounds, especially in a world with constant demands on our time and attention. How do you practice mindfulness when you're faced with difficult coworkers, overwhelming schedules, or stubborn kids? In this book, Donald Altman brings the benefits of mindfulness down to earth and into everyday life. With fifty exercises and practices to build awareness and center attention, you will discover how to savor routine pleasures, build fulfillment in your work, enhance and heal relationships, change unhealthy habits, and connect to peace even in the midst of chaos or uncertainty.

One-Minute Mindfulness: 50 Simple Ways to Find Peace, Clarity, and New Possibilities in a Stressed-Out World By Donald Altman **Bibliography**

- Sales Rank: #144530 in Books
- Published on: 2011-08-16
- Original language: English
- Number of items: 1
- Dimensions: 7.75" h x 4.25" w x .50" l, .52 pounds
- Binding: Paperback
- 200 pages



[Download One-Minute Mindfulness: 50 Simple Ways to Find Pea ...pdf](#)



[Read Online One-Minute Mindfulness: 50 Simple Ways to Find P ...pdf](#)

Download and Read Free Online One-Minute Mindfulness: 50 Simple Ways to Find Peace, Clarity, and New Possibilities in a Stressed-Out World By Donald Altman

Editorial Review

Review

“Engage your heart. Engage your mind. Engage your spirit. You have heard all this before, but now Donald Altman can show you how in *One-Minute Mindfulness*. This book is chock-full of insightful nuggets that will stimulate your mind and stir your heart.”

— John Baldoni, author of *Lead with Purpose*

“Donald Altman’s *One-Minute Mindfulness* is loaded with wisdom and includes practical exercises for tapping into the power of the here and now. Mindfulness is much more than just a spiritual practice. It awakens us to the joy of life. In the present moment, the whole world sparkles with beauty.”

— Tobin Blake, author of *The Power of Stillness*

“Too much of the time we’re running on automatic. In *One-Minute Mindfulness*, Donald Altman gently guides our focus of attention in directions that wake up the senses, nurture the soul, and uplift the spirit — in just sixty seconds! This book helps us make each new minute a potential encounter with life itself; the world very much needs this pragmatic spiritual book...right now.”

— John Selby, author of *Quiet Your Mind and Expand This Moment*

About the Author

Donald Altman, MA, LPC, is a practicing psychotherapist, former Buddhist monk, award-winning writer, and board member of The Center for Mindful Eating. The author of *Meal by Meal* and other books, he teaches at Lewis and Clark College Graduate School and in the interpersonal neurobiology program at Portland State University. He lives in Portland, Oregon.

Users Review

From reader reviews:

Irma Patterson:

Typically the book One-Minute Mindfulness: 50 Simple Ways to Find Peace, Clarity, and New Possibilities in a Stressed-Out World will bring someone to the new experience of reading the book. The author style to spell out the idea is very unique. In the event you try to find new book to learn, this book very appropriate to you. The book One-Minute Mindfulness: 50 Simple Ways to Find Peace, Clarity, and New Possibilities in a Stressed-Out World is much recommended to you to read. You can also get the e-book from official web site, so you can quicker to read the book.

Teresa Jones:

One-Minute Mindfulness: 50 Simple Ways to Find Peace, Clarity, and New Possibilities in a Stressed-Out World can be one of your beginner books that are good idea. We recommend that straight away because this guide has good vocabulary that could increase your knowledge in vocab, easy to understand, bit entertaining

but nevertheless delivering the information. The article author giving his/her effort that will put every word into pleasure arrangement in writing One-Minute Mindfulness: 50 Simple Ways to Find Peace, Clarity, and New Possibilities in a Stressed-Out World yet doesn't forget the main stage, giving the reader the hottest and also based confirm resource data that maybe you can be among it. This great information may drawn you into new stage of crucial pondering.

Daphne Shew:

In this era globalization it is important to someone to receive information. The information will make you to definitely understand the condition of the world. The healthiness of the world makes the information much easier to share. You can find a lot of recommendations to get information example: internet, paper, book, and soon. You can see that now, a lot of publisher in which print many kinds of book. Typically the book that recommended to your account is One-Minute Mindfulness: 50 Simple Ways to Find Peace, Clarity, and New Possibilities in a Stressed-Out World this e-book consist a lot of the information with the condition of this world now. This book was represented just how can the world has grown up. The terminology styles that writer value to explain it is easy to understand. The writer made some investigation when he makes this book. That is why this book ideal all of you.

Jessica Rodriguez:

Publication is one of source of expertise. We can add our information from it. Not only for students but also native or citizen want book to know the up-date information of year to be able to year. As we know those guides have many advantages. Beside all of us add our knowledge, can bring us to around the world. Through the book One-Minute Mindfulness: 50 Simple Ways to Find Peace, Clarity, and New Possibilities in a Stressed-Out World we can have more advantage. Don't you to be creative people? To be creative person must want to read a book. Simply choose the best book that acceptable with your aim. Don't be doubt to change your life at this time book One-Minute Mindfulness: 50 Simple Ways to Find Peace, Clarity, and New Possibilities in a Stressed-Out World. You can more pleasing than now.

Download and Read Online One-Minute Mindfulness: 50 Simple Ways to Find Peace, Clarity, and New Possibilities in a Stressed-Out World By Donald Altman #VYW4SOJ2ZQ7

Read One-Minute Mindfulness: 50 Simple Ways to Find Peace, Clarity, and New Possibilities in a Stressed-Out World By Donald Altman for online ebook

One-Minute Mindfulness: 50 Simple Ways to Find Peace, Clarity, and New Possibilities in a Stressed-Out World By Donald Altman Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read One-Minute Mindfulness: 50 Simple Ways to Find Peace, Clarity, and New Possibilities in a Stressed-Out World By Donald Altman books to read online.

Online One-Minute Mindfulness: 50 Simple Ways to Find Peace, Clarity, and New Possibilities in a Stressed-Out World By Donald Altman ebook PDF download

One-Minute Mindfulness: 50 Simple Ways to Find Peace, Clarity, and New Possibilities in a Stressed-Out World By Donald Altman Doc

One-Minute Mindfulness: 50 Simple Ways to Find Peace, Clarity, and New Possibilities in a Stressed-Out World By Donald Altman MobiPocket

One-Minute Mindfulness: 50 Simple Ways to Find Peace, Clarity, and New Possibilities in a Stressed-Out World By Donald Altman EPub