



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

*By Donald Altman*

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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.

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### 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.

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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.

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