



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

Donald Altman

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Being fully in the moment is harder than it sounds, as anyone who has tried not to think about the past or future while meditating can attest. Yet the rewards of present-moment awareness, or mindfulness, are so great that in Buddhist psychology, it is considered a path to enlightenment.

But what about the mundane thorns in that path, things like difficult coworkers, parenting challenges, and bad habits? Donald Altman brings the benefits of mindfulness down to earth and into everyday life. The fifty exercises and practices here build awareness and center attention in ways that free readers to savor routine pleasures, build fulfillment in work, enhance and heal relationships, reduce stress, change unhealthy behaviors, and connect to peace even in the midst of chaos or uncertainty. Simple yet profound, Altman's techniques illuminate how to take countless baby steps toward enlightenment on any given day.

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