



The Mindful Lifestyle

Gary Green

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The self-help and inspirational book The Mindful Lifestyle describes mindfulness practices in detail, with the idea that everyone can benefit by learning and practicing mindfulness meditation. Many examples and exercises are provided.

This book will help you:

- 1.Understand what mindfulness is and why you should be doing it.
- 2.Understand how practicing mindfulness will reduce the mental and physical effects of stress.
- 3.Improve the quality of your decisions.
- 4.Improve your ability to focus.
- 5.Improve your sleep.

While it is a small and concise book, it covers all aspects of mindfulness in an easy to understand way, and suggests that meditation can be more than a practice one does a few minutes a day. It can be a lifestyle choice.

The Mindful Lifestyle Details

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Author : Gary Green

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From Reader Review The Mindful Lifestyle for online ebook

Lauren Wallace says

"you will become more willing to accept what life throws at you" (59)

I would like to thank Gary Green for providing me of a copy of this book!

This is one of those books that makes you reflect on your day to day stresses and how you deal with these stresses. This book is truly a lifestyle book and makes it easy to see how you can be mindful every day. This book is very easily understood.

This was a very quick read, as I read it in about a hour.

I would recommend it to anyone 18+

SALLY WHITE says

Thank you Goodreads for sending me this book. This book is a small and concise introduction to the subject of mindfulness from someone who has practiced and advocated the lifestyle for a number of years. The book gives plenty of examples on how to practice mindfulness, and how it links with meditation. The book also provides a number of recommendations to similar practices, including those of Edgar Cayce. This was an enjoyable read, and a good introduction, which I imagine will inspire readers to find out more about the subject.

Gary Green says

Reviewed by Roy T. James for Readers' Favorite

The Mindful Lifestyle by Gary Green is about teaching mindfulness techniques and concepts to enable those who use these principles to improve the quality of their lives and relationships. The book begins with an illuminating discussion about transcendental meditation and approaches the question of mindfulness, loosely put as reflecting about the present. Gary goes on to introduce the techniques for achieving concentration, and here uses mundane day to day tasks like knitting, painting, washing dishes or playing as mindfulness exercises. Mindfulness is then examined in various different hues of its occurrence. The functional aspects of the mind, logical versus the emotional parts, willfulness versus willingness, compassionate versus the opposite, as well as the relevance of these aspects in self healing are elaborated.

The Mindful Lifestyle by Gary Green is a simple, easy and practical guide to a rather complex subject. I found it hard to believe that meditation and the many facets of self healing are, in fact, so effortless. This is a good guide, especially for those who would like to get an introduction to this line of thinking. The book is also replete with helpful lists and step wise procedures, enhancing its usability. The result of using one's wise mind and living the mindful lifestyle will result in one becoming more adept at living. Or, as Gary mentions,

“You will become more willing to accept what life throws at you. You will be healthier both physically and mentally, and you will live longer.” An interesting book indeed.

Katie Harder-schauer says

I received a copy of this book through the Goodreads First Reads giveaway program in the hopes that I would leave an honest review.

I don't read a lot of self-help books, but this one was short and started off sounding potentially helpful, like for real. Who wouldn't want to find ways to better deal with the stress in their life?

I found the arrangement of this book a little odd. The first chapter talks about meditating daily and then told me to stop reading and practice that for a week (I'm not good at doing what I'm told and didn't listen.) The next chapter then talks about fitting the meditation into your lifestyle sort of. I really think that information would have been helpful before I spent an imaginary week meditating like the first chapter told me to. I'm also pretty sure the author and I lead very different lives, because I don't see any of his suggestions being useful for me personally. He does stress several times that these are methods he used so for someone that isn't a stay-at-home mom responsible for most of the childcare and housework, they probably do work. I am going to give them a shot, but I'm going to have to figure out how to fit them into my life on my own, because this book really didn't provide guidance for that.

Overall I give this book 4 out of 5 stars because the explanations and instructions are easy to understand and follow. This rating may change after I put these suggestions into practice.

Reviewed on Just Another Girl and Her Books blog
<http://www.justanothergirlandherbooks...>
