

MINDFULNESS,  
MEDITATION, AND  
MIND FITNESS

"A real gem."  
—JON KABAT-ZINN,  
author of *Mindfulness for Beginners*



JOEL LEVEY & MICHELLE LEVEY

## Mindfulness, Meditation and Mind Fitness

*Joel Levey, Michelle Levey*

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# **Mindfulness, Meditation and Mind Fitness**

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## **Mindfulness, Meditation and Mind Fitness** Joel Levey , Michelle Levey

The Leveys introduce readers to dozens of mindfulness and meditation techniques, skillfully organized into five categories of practice, making Mindfulness, Meditation, and Mind Fitness a very comprehensive and easy-to-use resource for inner exploration and transformation.

This book offers a treasury of practical wisdom distilled from the Leveys' intensive study with many of the world's most respected authorities of the contemplative science and wisdom traditions, and an introduction to the mind-fitness disciplines necessary for personal mastery, wisdom, creativity, compassion, and resilience in times of increasing intensity and accelerating change. Given how many people needlessly suffer from overwhelm, exhaustion, and preventable stress-related illness, the Leveys' wisdom is needed now more than ever! This book is an inspiration for complete beginners, long-time meditators, and everyone in between, who seek to deepen and expand their practice.

Dr. Joel and Michelle Levey were among the very first to bring mindfulness and mind-fitness teachings to mainstream organizations beginning in the 1970s. They have taught tens of thousands of people in hundreds of leading corporations, medical centers, universities, sports, government, and military arenas – including Google, NASA, World Bank, Intel, M.I.T., Stanford, and World Business Academy. They are the founders of Wisdom at Work (<http://wisdomatwork.com>).

Originally published in hardcover as Simple Meditation and Relaxation (Conari Press, 1999) and in paperback as Luminous Mind (Conari Press, 2006), this book has been endorsed by a who's who of experts on mindfulness, relaxation, stress reduction, and healing, including Jon Kabat-Zinn, Daniel Goleman, Joan Borysenko, Larry Dossey, M.D., Ram Dass, and many more.

## **Mindfulness, Meditation and Mind Fitness Details**

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## **From Reader Review Mindfulness, Meditation and Mind Fitness for online ebook**

### **Chelsea says**

Provides many solid methods of meditating and clearing the mind.

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### **Lisa Kosak says**

#### **Great introduction to meditation**

As a newbie to meditation I want to learn more about meditation including the highs and lows. This book was perfect!

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### **Steffi says**

Beautifully written! I didn't know there are so many different meditations! An absolute jewel!

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### **Justin says**

For someone not particularly spiritually minded, it can be a bit of an eye-roller from time to time. Early on the authors suggest that the practice of meditation can lead to developing psychic powers, but they get pretty defensive about the idea that anyone would be skeptical. There's a lot in here I just don't believe.

Having said that, I think as a collection of meditation practices, it seems like a solid book. I have no expertise in meditation so I'm probably not the best to comment, but even if I don't buy into some of the more metaphysical aspects, I found the book interesting and the motivations behind the techniques and different categories of meditation edifying.

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### **EL says**

I received this book through first reads. I really didn't care for it, but I think perhaps the book is not really aimed at me. I would have liked more on mindfulness exercises or on actual mindfulness as an aspect of Buddhism or Taoism. I think that too much of the book focuses on what mindfulness is.

With that said, the book is well written. It just isn't my cup of tea.

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## **Bookworm says**

A book on different types of meditation--it's not really a sit-down and read type of book (although someone could do that). For me, it seems more like a reference for different kinds of meditation. The authors speak a bit about the purpose of meditation, what it does, and how to do it. I have to admit, I found the book occasionally inaccessible but I would imagine it's because my brain needs very logical and concrete examples.

Still, people who are interested will likely find the chapters on the types of meditation really interesting, as well as the index for the different exercises. I'll be keeping this book around, but it would not be my first choice in terms of a reference.

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## **Michael Shulman says**

I received a free copy of the book from Goodreads First Reads. Although this book is small, it is filled with great exercises for the mind. It's not really meant to be read from cover to cover as it primarily serves as a reference. The exercises are explained in a straightforward and concise manner so everybody can understand and follow the exercises. If you're looking to become a better person, I highly recommend this book.

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## **Valerie Sherman says**

Listened as an audiobook; I enjoyed hearing about the vast array of meditation practices. Hopefully it will spur me to be more consistent about my own.

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## **Tomek says**

2.5 stars: Skip the last 100 pages. The beginning of the book is an excellent primer on meditation. It very clearly defines how to practice meditation and what you might gain from doing so. However, the authors get away from the basics and try to list dozens of new-agey meditation techniques that are all variants on the theme of mindfulness. It would have been better to include a serious discussion of dharma (eg 4 Noble Truths, Eightfold Path, etc).

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## **Nancy says**

I won this in a Goodreads giveaway.

A good introduction to a variety of meditation practices. The intent was not to be a book on Buddhism but on mindfulness and that was accomplished. It would have helped to stress that an individual should find what works best for them and stick with that and not try every one described in the text, but I get that the authors were trying to illustrate that there was more than one way to reach the goal of a good practice.

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### **Tami says**

I have read a lot of books on meditation. In fact, I have a shelf full of titles looking at or teaching meditation for relaxation, awareness, contemplation, and spiritual enlightenment from various religious, spiritual, scientific, health, and interfaith perspectives. Really, I should have saved all my money and just bought *Luminous Mind: Meditation and Mind Fitness*.

If you are interested in meditation, no matter what your purpose (enlightenment, spiritual contemplation, relaxation, pain therapy, increasing awareness, becoming more creative, etc) *Luminous Mind: Meditation and Mind Fitness* is THE book to read. It is packed full of all sorts of meditation exercises, from various contemporary, religious, and spiritual sources. Detailed instructions and helpful hints are included for each.

The reader has several options on how to use this text. Those new to meditation can go through the chapters systematically trying a new exercise for a few weeks and then going onto the next one until they find what works best for their needs. For those individuals looking for meditations for a specific purpose or those having troubles getting past particular problems (such as getting fixated, not being able to concentrate, or getting bored), they can skim through the associated chapters to quickly find what they want. Personally, I enjoyed going through the various exercises to come up with new suggestions, creative techniques, and ways to enhance my mediation experience.

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