



## **10-Minute Mindfulness: 71 Habits for Living in the Present Moment**

*S.J. Scott*

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Hate the negativity that often surrounds you? Feel stressed or anxious? Overwhelmed by our hectic, fast-paced modern society? **These issues are often the direct result of a vicious cycle known as "unconscious living."** You can be unconscious about your lifestyle choices, habits, and thoughts. You can be unconscious about your true values, life priorities, and deeper longings. And you're unconscious from *living in the present moment* because you're preoccupied by past regrets and worries for the future. The solution is to **incorporate mindfulness** through your entire day -- so you can **enjoy inner peace and happiness**. And the simplest way to do this is to **build a series of mindfulness habits**. DOWNLOAD:: 10-Minute Mindfulness - 71 Habits for Living in the Present Moment In *10-Minute Mindfulness*, Wall Street Journal bestselling authors S.J. Scott and Barrie Davenport show how to anchor yourself in the present moment, even if it's for just a few minutes at a time. This book is for anyone who recognize the need to improve their focus, productivity, happiness, and peace of mind. Not only can you choose from a selection of 71 mindfulness habits, you will also discover the practical tools to turn these actions into automatic behavior. In *10-Minute Mindfulness* you can "choose your own adventure" and pick the mindfulness habits that will have the biggest positive impact on your life. Would You Like To Know More? Download now to reduce your stress, overcome anxiety, and live in the present moment. Scroll to the top of the page and select the *buy now* button.

## 10-Minute Mindfulness: 71 Habits for Living in the Present Moment Details

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## **From Reader Review 10-Minute Mindfulness: 71 Habits for Living in the Present Moment for online ebook**

### **Ken Beller says**

#### **A Great Guide to the Practical Side of Mindfulness**

Every day in the news we hear how mindfulness practice can improve our lives, but so often we left with the questions of where to start and how to do it. Fortunately, this book does a great job answering these questions and gives you simple and practical ways to incorporate mindfulness practice easily and quickly throughout your day.

Whether you are a novice to mindfulness practice, or a seasoned veteran, this book should be on your bookshelf, or in your kindle, so you can refer back to it often. With 71 ways to be more mindful, and lots of great suggestions to help you connect more deeply and meaningfully with your life, you can refer to this book, over and over again.

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### **Gina's Library says**

My husband and I both suffer from severe depression. It's a daily struggle to live in the moment and not live in the past. No matter how much we think and obsess over it there is no way to change the past. The should of, could of, would of line of thinking robs us of our present and future.

This book was very eye opening for us. We keep it on our bookshelf in the living room where we can see it at all times. When we start to feel ourselves falling into the depression trap we can pull it out and look it over again. We also have a deal that we can suggest to each other to read it again when we feel the other will benefit from it.

I received this book for free for a fair and honest review. All opinions in this book are 100% my own.

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### **Judy says**

I'm still on my FIRST mindfulness habit but I already think this is a very helpful compendium for choosing which habits or rituals could enhance your busy life. I like it a lot and look forward to habit stacking to improve my outlook.

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### **Joseph Langen says**

In my teen and early adult years, I lived in a seminary and in several monasteries. A major focus of each day was a number of periods of meditation. I don't remember ever hearing a clear explanation of what meditation was or how to do it.

In my later years as a psychologist and writer, I again saw meditation discussed as a way to balance life. I learned about Western meditation as a way to focus on inspirational ideas and Eastern meditation as a way to empty the mind. More recently the term mindfulness emerged, closely related to the idea of meditation.

Davenport and Scott define mindfulness this way, “It means you become intentionally aware of the present moment while paying close attention to your feelings, thoughts and sensations of the body.” This is as clear a definition as I have found for the nature of mindfulness.

Many of the writings on mindfulness suggest its benefits but do not say much about how to do it. This book takes a different approach. It does present physical, mental and emotional benefits but does not stop there. It suggests mindfulness habits in very specific detail. Practicing any one of the habits for 10 minutes a day will lead to it becoming a habit for you to use whenever you need to focus your life.

The meat of the book is a series of 71 habits arranged by time of day: morning, late morning, afternoon and evening. It clearly describes how to go about each habit, explaining its usefulness, providing action plans, and supplementing your approach with worksheets and references.

If you have wondered about mindfulness, whether it is worth the effort, or how exactly to go about it, look no further. Here is a comprehensive treatment of the nuts and bolts of the process. The authors do not insist that you learn and practice all 71 habits. They all provide help with specific goals you have for your life. Whether you need to overhaul your life or fine tune it, the tools are waiting for you.

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### **Michele Burkholder says**

This book is better suited for someone who already practices mindfulness techniques and wants to learn how to fine-tune or expand upon those techniques. It is much too detailed for someone with limited time who is seeking general guidance on how to start the process of slowing down. It is not a good book for me right now; however, it might be a good book for someone else at a different stage in the process.

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### **Arun says**

#### **Mindfulness is a lifestyle!**

Great book, provides very useful and effective practices for being mindful throughout your day. The references and compilation of other useful resources was a great idea!

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### **Jitka Egressy says**

For the first time I feel, that Scott is copying many info from previous books and I didn't enjoy this book as much as I do with previous ones. I don't like to read same info all over again and again.

If this is your first book from Scott, you will love it and it will give you so much info! Go for it.

If you read other books from Scott (I read all of them - kind of fan :)), then you can be bored in this one. Since you already know many info.

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### **Martín Mengarelli says**

#### **Mindfulness in practice**

Really liked the book. Good ideas to develop a mindful way of living. Some are practical, some others I just don't think they are helpful. Nonetheless a highly recommended book.

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### **Haeli Landry-Evans says**

Had some really great tips that you can utilize everyday. Listened to this on Audible and didn't love the reader's voice which is why I am rating it lower. The book I think would have been better to read not listen to since there were a lot of links included that made listening to it odd.

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### **Eric Black says**

The basic principles of all 71 10-minute mindfulness exercises are explained in the first few practices. Everything else builds on their foundation. Most of the suggested practices are good advice in general and are essentially a compilation of good advice found just about anywhere good advice can be found.

Mindfulness is rooted in Buddhism and must be kept in perspective by those of other faiths who want to practice mindfulness. Christian, Jewish, and Muslim readers (among others) will need to adjust some of the foundational principles to be consistent with the reader's respective faith.

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### **Lyndsey says**

This book was what I was looking for. It is quite detailed (sometimes a bit overwhelming so). I am new to mindfulness meditation and this book really helped me understand the purpose and practice behind it. I'll definitely be using these techniques.

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### **Kelsey says**

As someone who deals with a lot of anxiety, this was a super helpful way to start looking at how to manage some of it in little bits at a time. The book has a bunch of tips, separated by time of day, that will help you start to be more aware of your emotions and begin to manage them. The morning ones have helped me the most. I now get myself up at least 10 minutes earlier than normal and give myself time to just drink a glass of water or cup of coffee outside on the porch.

I've said before that I'm not a huge fan of self help or health books, but this one has actually been an interesting read and has given me things to practice in real life. I would definitely recommend if you have anxiety problems, or are just an overly nervous and active person.

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## **Scott Allan says**

This is a fantastic collection of mindfulness habits by Steve Scott and Barrie Davenport. The book starts off by asking a very important question that gets you thinking: "How can you remain in the present when you have to plan, schedule, achieve goals and live life in a world that is so focused on the future?"

Yes, life is a busy, hectic mess most of the time, and it feels like we are all just trying to keep up with it. Our cellphones, tablets and phones have become weapons of mass destruction and are pulling us deeper down the rabbit hole.

But as the book soon points out, you don't have to be mindful every minute of the day. This is something that you can return to for just a few minutes even. I love the simplicity of the mindfulness mindset. As the authors state, mindfulness is about the practice of nonjudgment, which is the key to experiencing the deeper benefits of a daily mindfulness practice.

The purpose of this book is to serve as a reminder to "be aware of mindfulness". What I like is that these habits can be performed rather quickly and most of them anywhere. It's a great little collection [well, 71 habits in fact].

So why do I recommend this book?

Because what the world needs right now IS more mindfulness, and I don't say that lightly. We are all entranced in our own world, looking down at a screen while we are walking, thinking about something else while having a conversation with a good friend, or planning the next fun activity instead of enjoying the activity you are currently doing.

It raises the question: How can we be more if we can't even focus on what we are doing in the present? How can we enjoy our life if we are focused on the worries of tomorrow?

The habits in this book, although you may not use them all, are excellent. I've made a list of my favorites that I am putting into daily practice. These are numbered as they appear in the book. The habits are divided into four times of day as well, from morning until late evening/night.

My personal favorites are:

Early Morning Mindfulness Habits:

- #1: Wake up early
- #2: Wake up with gratitude
- #4: Practice a morning breathing exercise
- #5: Notice Your Thoughts
- #10: Smile in the mirror
- #11: Practice morning meditation

- #15: Define three daily goals
- #18: eat breakfast mindfully
- #19: Be present with your family
- #24: Recite positive affirmations
- #25: Declutter one space

#### Late Morning Mindfulness Habits:

- #28: Clear your desk
- #29: Focus on your work purpose
- #33: Decrease your distractions
- #35: Find your flow state

#### Afternoon Mindfulness Habits:

- #38: Cultivate a beginners mind
- #40: Stand, stretch and get moving
- #41: Take a digital break
- #41: Show appreciation
- #47: Take a music break
- #49: Practice a growth mindset

#### Evening Mindfulness Habits

- #55: Take a mental mini vacation
- #57: Reconnect with your relationships
- #61: Create a task ritual
- #63: Give yourself a break from television
- #65: Tame your longings and cravings
- #66: Mindfully review your day
- #68: practice a shutdown ritual
- #71: Practice guided sleep meditation

10-Minute Mindfulness brings it all back and keeps us centered. The authors literally take you by the hand and walk you through the “how-to-do” of practicing mindfulness. By the time you are working on just a few of these habits, you’ll have a better piece of mind for it.

I like the links to case studies the authors have included. This makes for extended reading if you want to learn about the research that went into the book. They also have links and recommendations to many other books on the subject if you want to learn more about the theory of mindfulness.

A definite recommended read that I'll be sharing with friend and family.

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#### **Emil Petersen says**

The short and sweet version of all the generic self-help books on mindfulness. You basically get some concrete options to 'implement' and how to do it. The remaining bloat is cut, although I would say that more could be sheared away: I know how to drink a glass of water, or how to wash the dishes. But you know, then

the book would be 10 pages, and that might be too short as well. Think of it as a long blog-post. There is a lot of affiliate marketing in here as well. Do not waste time on that; they did not put it there for your sake, but to sell more books. But some of it is nice, since for each 'habit' they give you the source of why they recommend it. That is, someone else wrote about it, and they point you to that someone's book/TED talk/study.

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### **Mizloo says**

It's pretty good, but promises more than it delivers re: interactivity. The exercises are embedded under chronological headings (morning, afternoon, etc) and listed neither in the table of contents, nor in an index, therefore not easy to access by click. limited in its usefulness IMO.

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