



What is Mindfulness?

By Tamara Russell

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Due to the recent widespread media coverage on the far-reaching health benefits of mindfulness, misconceptions about the practice have become common as it has moved from spiritual to secular realms. So what is the reality? And how can this one thing have such a dramatic impact on so many people, in so many areas of their lives? This book aims to demystify the confusions that often get in the way of mindfulness training, and help readers get to grip with it in a way they can put to optimal use in their daily lives. After an insightful introduction about why the subject of mindfulness is so worth exploring, each chapter then addresses a key question: What does mindfulness really mean and what are its benefits? Where does it come from and how has it developed through the years? How can I get the most from it? What are the key tools to develop it? And finally, what are the future possibilities for society as a whole with mindfulness? As such, this book brings readers on an exploratory journey through the fascinating world of mindfulness, giving us a deeper understanding of what it means to live mindfully, revealing the depth of its capacity to enhance our everyday lives, and in turn helping us lead more connected, aware and contented lives.

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Editorial Review

About the Author

Tamara Russell is an experienced clinical psychologist, martial artist and neuroscientist who brings a unique, multiple perspective to mindfulness teaching, thinking, therapy and research. Currently the Director of the Mindfulness Centre of Excellence in London and a visiting Lecturer at King's College London, she is also a mindfulness consultant, trainer and speaker in a wide variety of settings, including education and health. Tamara's first book by Watkins, *Mindfulness in Motion*, has been sold internationally.

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