



## The Type A's Guide to Mindfulness: Meditation for Busy Minds and Busy People

By Melissa Eisler

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Anyone and everyone can benefit from a mindfulness practice especially those with busy minds, demanding schedules, and Type A tendencies. Actually, Type As have a lot more to gain from mindfulness and meditation than anyone, since they often take on more responsibilities and put more pressure on themselves to succeed. The Type As Guide to Mindfulness: Meditation for Busy Minds and Busy People reveals not just the benefits of mindfulness and meditation, but also how to overcome obstacles, excuses, and struggles in the way of maintaining a steady practice and balanced mind. This book offers a step-by-step guide to get you started in a meditation or mindfulness practice, even if you think you don't have time. Plus, it comes with a free, guided meditation audio file. In this book, you'll find a complete guide to mindfulness meditation including: A multi-response answer to "why should I spend my precious, limited time meditating?" complete with scientific research on the health benefits of mindfulness meditation, personal examples, and experiential reasons that will get you excited to start your practice...



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*It is one of my personal favorite books. It is written in easy terms and never hard to understand. It has been designed in an exceedingly easy way and it is only after I finished reading this publication by which in fact changed me, change the way I think.*

-- **Lucinda Stiedemann**

*This is the finest publication we have read through right up until now. Better than never, though I am quite late in starting to read this one. It has been written in a remarkably easy way in fact it is only after I finished reading through this book by which basically altered me, affected the way I think.*

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