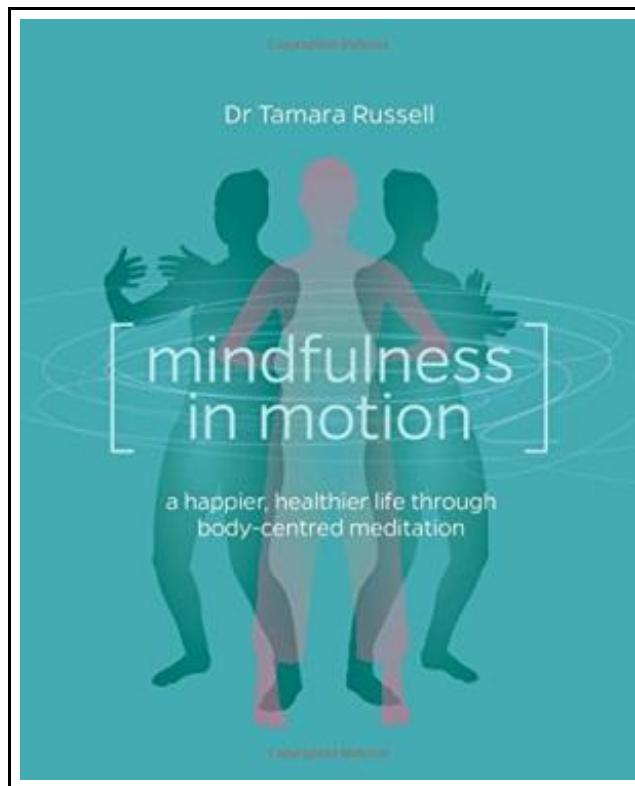


## Mindfulness in Motion: Healthier Life Through Body-Centred Meditation



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Watkins Media. Paperback. Book Condition: new. BRAND NEW, Mindfulness in Motion: Healthier Life Through Body-Centred Meditation, Tamara Russell, Discover a life of ease and joy through movement-based mindfulness Mindfulness in Motion presents the Body in Mind Training programme: a truly groundbreaking new approach to mindfulness that is practised not by sitting still but by engaging with the moving body. Written by neuroscientist and mindfulness expert Dr Tamara Russell, this is the only book on mindfulness to explain exactly why moving meditation is the best way of 'rewiring' the brain, teaching it to focus on the present moment. Her simple exercises are designed to be accessible to everyone, including those who can't seem to find time for practice, and those who have struggled with traditional Zen-inspired mindfulness, with its emphasis on sitting meditation. This book will guide you step by step through Dr Tamara Russell's Body in Mind Training (BMT) programme, a unique approach to secular mindfulness that uses the moving body as the main meditation tool. The message is simple: getting out of your head and into your body is the key to a happier, healthier life. Chapter by chapter the book explores the five principles of movement-based mindfulness: PAUSE In order to hear your body you have to slow down and listen to its voice - this is the starting point for BMT mindfulness practice. INTENTION Setting your intention before you act can dramatically increase your ability to achieve what you want in life. ATTENTION You can detect the mind-wandering habits that hold you back and use your attention to create more space for the things that really matter. UNDERSTANDING ME It's possible to tame your unruly 'mental monkeys' and create new neural pathways in your brain to help you to realize your full potential. COMPASSION Facing and accepting...

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