How to Practice Mindfulness

1 **Take a seat.** Find a place to sit that feels calm and quiet to you.

2 **Set a time limit.** If you're just beginning, it can help to choose a short time, such as 5 or 10 minutes.

3 **Notice your body.** You can sit or kneel however is comfortable for you. Just make sure you are stable and in a position, you can stay in for a while.

4 **Feel your breath.** Follow the sensation of your breath as it goes out and as it goes in.

5 **Notice when your mind has wandered.** When you get around to noticing this—in a few seconds, a minute, five minutes— simply return your attention to the breath.

6 **Be kind to your wandering mind.** Don't judge yourself or obsess over the content of the thoughts you find yourself lost in. Just come back.

By Mindful Staff

Mindfulness Meditation Training Guide

RJ Shavelson

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Table of Contents Mindfulness Meditation Training Guide

1. Understanding the eBook Mindfulness Meditation Training Guide
    - The Rise of Digital Reading Mindfulness Meditation Training Guide
    - Advantages of eBooks Over Traditional Books
2. Identifying Mindfulness Meditation Training Guide
    - Exploring Different Genres
    - Considering Fiction vs. Non-Fiction
    - Determining Your Reading Goals
3. Choosing the Right eBook Platform
    - Popular eBook Platforms
    - Features to Look for in an Mindfulness Meditation Training Guide
    - User-Friendly Interface
4. Exploring eBook Recommendations from Mindfulness Meditation Training Guide
    - Personalized Recommendations
    - Mindfulness Meditation Training Guide User Reviews and Ratings
    - Mindfulness Meditation Training Guide and Bestseller Lists
5. Accessing Mindfulness Meditation Training Guide Free and Paid eBooks

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