

[PDF] I Am Here Now: A Creative Mindfulness Guide And Journal

The Mindfulness Project - pdf download free book



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Description:

Mindfulness is the simple and powerful practice of training your attention. It's simple in that it's just about paying attention to what's happening here and now, and powerful because it can keep you from getting lost in thoughts about the future or past, which often generate more stress on top of the real pressures of everyday life.

While learning to live in the moment, the joyful mindfulness exercises, meditations, coloring pages,

and habit-breakers in this beautifully designed and illustrated book will challenge your powers of observation, investigation, and cultivation while bringing new awareness to your senses, thoughts, and emotions.

I Am Here Now inspires readers to explore the world with greater curiosity and find moments of mindfulness in everyday life, while unleashing your creativity along the way.

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