

Metodo Mindfulness 56 Giorni Alla Felicit

The life-changing international bestseller reveals a set of simple yet powerful mindfulness practices that you can incorporate into daily life to help break the cycle of anxiety, stress, unhappiness, and exhaustion. Mindfulness promotes the kind of happiness and peace that gets into your bones. It seeps into everything you do and helps you meet the worst that life throws at you with new courage. Based on Mindfulness-Based Cognitive Therapy (MBCT), the book revolves around a straightforward form of mindfulness meditation which takes just a few minutes a day for the full benefits to be revealed. MBCT has been clinically proven to be at least as effective as drugs for depression and is widely recommended by US physicians and the UK's National Institute for Health and Clinical Excellence—in other words, it works. More importantly it also works for people who are not depressed but who are struggling to keep up with the constant demands of the modern world. MBCT was developed by the book's author, Oxford professor Mark Williams, and his colleagues at the Universities of Cambridge and Toronto. By investing just 10 to 20 minutes each day, you can learn the simple mindfulness meditations at the heart of MBCT and fully reap their benefits. The book includes links to audio meditations to help guide you through the process. You'll be surprised by how quickly these techniques will have you enjoying life again.

“The most empowering OCD book I have ever read.” —Reid Wilson, PhD, author of *Stopping the Noise in Your Head* Don't just survive—thrive. In *Everyday Mindfulness for OCD*, two experts in obsessive-compulsive disorder (OCD) offer a blend of mindfulness, humor, and self-compassion to help you stop dwelling on what's wrong and start enhancing what's right—leading to a more joyful life. If you've been diagnosed with OCD, you already understand how your obsessive thoughts, compulsive behavior, and need for rituals can interfere with everyday life. Maybe you've already undergone therapy or are in the midst of working with a therapist. It's important for you to know that life doesn't end with an OCD diagnosis. In fact, it's possible to not only live with the disorder, but also live joyfully. This practical and accessible guide will show you how. In *Everyday Mindfulness for OCD*, you'll discover how you can stay one step ahead of your OCD. You'll learn about the world of mindfulness, and how living in the present moment non-judgmentally is so important when you have OCD. You'll also explore the concept of self-compassion—what it is, what it isn't, how to use it, and why people with OCD benefit from it. Finally, you'll discover daily games, tips, and tricks for outsmarting your OCD, meditations and mindfulness exercises, and much, much more. Living with OCD is challenging—but it doesn't have to define you. If you're tired of focusing on how “hard” living with OCD is and are looking for fun ways to make the most of your unique self, this book will be a breath of fresh air.

Metodo mindfulness. 56 giorni alla felicitàMindfulnessA practical guide to finding

peace in a frantic world Hachette UK

One of the best available introductions to the wisdom and beauty of meditation practice. --New Age Journal In this beautiful and lucid guide, Zen master Thich Nhat Hanh offers gentle anecdotes and practical exercise as a means of learning the skills of mindfulness--being awake and fully aware. From washing the dishes to answering the phone to peeling an orange, he reminds us that each moment holds within it an opportunity to work toward greater self-understanding and peacefulness.

«Quando sei in viaggio, è sicuramente utile sapere dove stai andando, ma ricorda la sola e unica cosa che davvero conta è il passo che stai facendo ORA. È solo e unicamente questo.» Il segreto per stare bene, psicologicamente e fisicamente, è racchiuso nella parola stessa, mindfulness, attenzione piena: al momento presente, a ciò che si sta facendo qui e ora. Attraverso tecniche di meditazione, esercizi sul respiro, consigli di benessere quotidiano, questo libro ci guida in un percorso volto a liberare la mente dall'ansia e dallo stress per recuperare il controllo della propria vita e viverla con pienezza e positività. Rumination (recyclic negative thinking), is now recognised as important in the development, maintenance and relapse of recurrence of depression. For instance, rumination has been found to elevate, perpetuate and exacerbate depressed mood, predict future episodes of depression, and delay recovery during cognitive therapy. Cognitive therapy is one of the most effective treatments for depression. However, depressive relapse and recurrence following cognitive therapy continue to be a significant problem. An understanding of the psychological processes which contribute to relapse and recurrence may guide the development of more effective interventions. This is a major contribution to the study and treatment of depression which reviews a large body of research on rumination and cognitive processes, in depression and related disorders, with a focus on the implications of this knowledge for treatment and clinical management of these disorders. * First book on rumination in depressive and emotional disorders * Contributors are the leaders in the field * First editor is a rising researcher and clinician with specialist interest in depression, and second editor is world renowned for his work on cognitive therapy of emotional disorders International bestselling author Dr. Danny Penman provides a concise guide to letting go, finding peace, and practicing mindfulness in a messy world, simply by taking the time to breathe. With these simple exercises he teaches you how to dissolve anxiety, stress, and unhappiness, enhance your mind, and unleash your creativity. You will start to smile more, worry less, and with each little moment of mindfulness, discover a happier, calmer you. It really is as easy as breathing. All you need is a chair, a body, some air, and your mind. That's it!

Turn food from foe to friend with this bestselling guide to developing healthy eating habits through mindfulness—from a Zen teacher Food. It should be one of life's great pleasures, yet many of us have such a conflicted relationship with it that we miss out on that most basic of satisfactions. But it is possible—and not

really all that difficult—to reclaim the joy of eating, according to Dr. Jan Bays. Mindfulness is the key. Her approach involves bringing one's full attention to the process of eating—to all the tastes, smells, thoughts, and feelings that arise during a meal. She shows you how to:

- Tune into your body's own wisdom about what, when, and how much to eat
- Eat less while feeling fully satisfied
- Identify your habits and patterns with food
- Develop a more compassionate attitude toward your struggles with eating
- Discover what you're really hungry for

Whether you are overweight, suffer from an eating disorder, or just want to get more out of life, this book offers a simple tool that can transform your relationship with food into one of ease and delight. This new edition, updated throughout, contains a new chapter on how to provide children with a foundation in mindful eating that will serve them well all the rest of their lives. It also includes a link to a 75-minute on-line audio program of mindful eating exercises led by the author.

Lo studio della mente e dei fenomeni di coscienza costituisce da oltre un secolo uno dei campi di interesse della scienza e della filosofia. Nei primi decenni successivi al secondo dopoguerra, lo studio della coscienza nei suoi termini più introspettivi era considerato pratica vaga ed elusiva, materiale da filosofi, più che da scienziati. La ripresa dell'interesse scientifico per tutto ciò che può essere compreso sotto il termine di "stati di coscienza" ha coinciso, da un lato, con l'impiego di nuove tecniche di osservazione e sperimentazione dell'ambito neuroscientifico, dall'altro, con il fecondo dialogo e lo studio di alcune pratiche meditative provenienti da tradizioni dell'Asia centrale e orientale. Parallelamente, pratiche di meditazione legate alla consapevolezza sono state sempre più inserite in programmi psicoterapeutici per i loro comprovati benefici. In tempi recenti ci si è resi conto di come uno stato mentale possa avere un correlato somatico, in particolare nervoso: può coincidere infatti con differenze di qualità e quantità del rilascio neurotrasmettitoriale, con la modificazione delle connessioni sinaptiche tra neuroni, o incidere nella replicazione del DNA. Questa prospettiva, che sottolinea l'intima connessione tra le proprietà emergenti e le loro basi fisiche, permette di descrivere in modo nuovo il darsi della coscienza e della cognizione, superando la concezione dualistica che oppone rigidamente il corpo e la mente.

Meditation for Busy People offers simple strategies to reduce tension, minimize chronic stress, and quickly relax and unwind. Nobody needs meditation more than people who have no time to meditate. These busy people may have tried meditation but given it up, as it seems so difficult to integrate into a hectic lifestyle. Most traditional meditation techniques were developed thousands of years ago for people living a very different lifestyle than today. Few people today find it easy to just sit down and relax. Meditation for Busy People is filled with methods that can actually be integrated into everyday life. A morning commute becomes a centering exercise, and the street noises outside an apartment window in the city become an aid rather than a distraction to finding the silent space within. Both active and passive meditation techniques are covered, and the aim of all the techniques is to teach the practitioner how to find the stillness in the storm of everyday life. Many methods are specially designed to be integrated into the reader's everyday routines, so that they soon can tackle even the most hectic day with an attitude of relaxed calm and playfulness.

Follow-up to the bestselling *Mindfulness: Be Mindful. Live in the Moment*. Gill Hasson, author of the bestselling *Mindfulness is Back* and this time you can fit her advice in your pocket! This little book is packed with over 100 quick exercises, each dealing with a different situation, to help you get calm, collected, and balanced. So whenever you start to feel the stress mounting, reach for your *Mindfulness Pocketbook*, find the relevant exercise and instantly make life better! So if you feel like life is moving too fast and you're struggling to keep up with constant demands and commitments, don't let anxiety and worry get the better of you — integrate these mindfulness exercises, practices, and reflections into your daily life and get in control and feel more confident, calm, and present. By progressing through the pocketbook, you will develop mindful ways of thinking and doing that will benefit a wide range of situations in your personal, social, and work life. Slow down, take a deep breath, and take that step toward an easier and more manageable life. The *Mindfulness Pocketbook* will help you: Move in the direction of greater calm, balance, and wellbeing Increase your insight and awareness Break free from unhelpful thoughts and thinking patterns, feel more confident, and have better self-esteem Be more able to manage other people's demands, stress, anxiety, and worry Experts increasingly recognise that developing mindfulness skills is an effective way to improve performance, reduce stress, enhance emotional intelligence, increase life satisfaction, and develop leadership skills. A mindful person consciously brings awareness to the here-and-now with openness, interest, and receptiveness.

Mindfulness Pocketbook is the take-with-you guide to receptive, constructive thinking. The time-honored national bestseller, updated with a new afterword, celebrating 10 years of influencing the way we live. When *Wherever You Go, There You Are* was first published in 1994, no one could have predicted that the book would launch itself onto bestseller lists nationwide and sell over 750,000 copies to date. Ten years later, the book continues to change lives. In honor of the book's 10th anniversary, Hyperion is proud to be releasing the book with a new afterword by the author, and to share this wonderful book with an even larger audience.

Developed by two authors, Vidyamala Burch and Danny Penman who themselves have struggled with severe pain after sustaining serious injuries, *You Are Not Your Pain* reveals a simple eight-week program of mindfulness-based practices that will melt away your suffering. Accompanied by audio to guide you, the eight meditations in this book take just ten to twenty minutes per day and have been shown to be as effective as prescription painkillers to soothe some of the most common causes of pain. These mindfulness-based practices soothe the brain's pain networks, while also significantly reducing the anxiety, stress, exhaustion, irritability, and depression that often accompanies chronic pain and illness. Whether you experience back pain, arthritis, or migraines, are suffering from fibromyalgia, celiac disease, or undergoing chemotherapy, you will quickly learn to manage your pain and live life fully once again. Note: Audio meditations are embedded within the ebook. If your device cannot play the audio, you will be redirected to the same content online

Timothy Ferriss è molto più di un mental coach: è diventato ormai un campione del web, con milioni di follower, e con i suoi libri, "Bibbie" del saper vivere, ha catturato legioni di lettori. Di sicuro è uno che non ha paura di niente: ogni volta che si prefigge di imparare qualcosa, che sia una lingua orientale, un'arte marziale, una strategia infallibile di management, Tim sa come fare. Ma Ferriss è diventato quello che è oggi

perché ha tratto ispirazione da tanti giganti, come li chiama lui, che ha scovato in giro per il mondo, ciascuno maestro nella sua disciplina. E da loro ha carpito i segreti che li hanno resi le persone che sono oggi. Maghi degli scacchi, divi hollywoodiani, militari pluridecorati, super-atleti, scrittori da milioni di copie, grandi manager, guru della meditazione, star della medicina, assi della finanza: basta scegliere il personaggio più affine ai nostri sogni, la nostra icona. Qui ritroviamo distillato il “Ferriss-pensiero”, nonché il suo istinto infallibile per il meglio di tutto ciò che è mainstream, cultura di massa. Entreremo in possesso di una vera e propria cassetta degli attrezzi, un kit di strumenti per cambiare la nostra vita. Suddiviso in tre grandi sezioni – salute, ricchezza, saggezza, perché per raggiungere il successo e la felicità ci vogliono tutte e tre –, Tim ha concepito questo manuale di vita come un sontuoso buffet da cui prendere ciò che fa più gola. È il libro che voleva da sempre: si è divertito a scriverlo, sapendo che noi ci divertiremo a leggerlo.

The popular guide-over 80,000 copies sold of the first edition-now revised and enhanced with an audio CD of guided meditations According to Time magazine, over 15 million Americans now practice meditation regularly. It's a great way to reduce stress, increase energy, and enjoy better health. This fun and easy guide has long been a favorite with meditation newcomers. And now it's even better. For this new edition, author Stephan Bodian has added an audio CD with more than 70 minutes of guided meditations that are keyed to topics in the book, from tuning in to one's body, transforming suffering, and replacing negative patterns to grounding oneself, consulting the guru within, and finding a peaceful place. The book also discusses the latest research on the health benefits of meditation, along with new advice on how to get the most out of meditation in today's fast-paced world. Stephan Bodian (Fairfax, CA and Sedona, AZ) is a licensed psychotherapist and the former editor-in-chief of Yoga Journal. He has written for Fitness, Alternative Medicine, Cooking Light, and Tricycle and is the coauthor of Buddhism For Dummies (0-7645-5359-3).

Sam is so frustrated waiting his turn at the playground that a Temper shows up. Within seconds, the beastly, wild thing clears the place, and Sam happily plays alone with his new pet. But his Temper follows him everywhere, causing more and more trouble, until Sam realizes he needs to put a stop to it. How is the question ... Kids will laugh at the relatable situations, while parents and teachers will enjoy the chance to talk about pet Tempers and ways to tame them.

How does mindfulness promote psychological well-being? What are its core mechanisms? What value do contemplative practices add to approaches that are already effective? From leading meditation teacher Christina Feldman and distinguished psychologist Willem Kuyken, this book provides a uniquely integrative perspective on mindfulness and its applications. The authors explore mindfulness from its roots in Buddhist psychology to its role in contemporary psychological science. In-depth case examples illustrate how and why mindfulness training can help people move from distress and suffering to resilience and flourishing. Readers are guided to consider mindfulness not only conceptually, but also experientially, through their own journey of mindfulness practice.

This book defines a number of coaching roles-caretaker, guide, coach, teacher, mentor, sponsor, awakener-and provides a specific toolbox for each role, supplying a comprehensive tool set to be used by an effective coach to manage the entire scope of coaching activities-from caretaking to awakening.

A new framework for maintaining mental health and well-being. From the author of the

internationally-acclaimed best-selling text *The Developing Mind*, and esteemed leader and educator in the field of mental health, comes the first book ever to integrate neuroscience research with the ancient art of mindfulness. The result is a groundbreaking approach to not simply mental health, but life in general, which shows readers how personal awareness and attunement can actually stimulate emotional circuits in the brain, leading to a host of physiological benefits, including greater well-being, resilience, emotional balance, and improved cardiac and immune function. For clinicians and laypeople alike, Siegel's illuminating discussions of the power of the focused mind provide a wealth of ideas that can transform our lives and deepen our connections with others, and with ourselves.

This book presents the powerful basics of the original Teachings of Abraham. Within these pages, you'll learn how all things, wanted and unwanted, are brought to you by this most powerful law of the universe, the Law of Attraction (that which is like unto itself is drawn). You've most likely heard the saying "Like attracts like," "Birds of a feather flock together," or "It is done unto you as you believe" (a belief is only a thought you keep thinking); and although the Law of Attraction has been alluded to by some of the greatest teachers in history, it has never before been explained in as clear and practical terms as in this latest book by New York Times best-selling authors, Esther and Jerry Hicks. Learn here about the omnipresent Laws that govern this Universe and how to make them work to your advantage. The understanding that you'll achieve by reading this book will take all the guesswork out of daily living. You'll finally understand just about everything that's happening in your own life as well as in the lives of those you're interacting with. This book will help you to joyously be, do, or have anything that you desire!

'If you're thinking about trying mindfulness, this is the perfect introduction....I'm grateful to Andy for helping me on this journey.' BILL GATES 'It's kind of genius' EMMA WATSON Feeling stressed about Christmas/Brexit/everthing? Try this... Demystifying meditation for the modern world: an accessible and practical route to improved health, happiness and well being, in as little as 10 minutes. Andy Puddicombe, founder of the celebrated Headspace, is on a mission: to get people to take 10 minutes out of their day to sit in the now. Here he shares his simple to learn, but highly effective techniques of meditation. * Rest an anxious, busy mind * Find greater ease when faced with difficult emotions, thoughts, circumstances * Improve focus and concentration * Sleep better * Achieve new levels of calm and fulfilment. The benefits of mindfulness and meditation are well documented and here Andy brings this ancient practice into the modern world, tailor made for the most time starved among us. First published as *Get Some Headspace*, this reissue shows you how just 10 minutes of mediation per day can bring about life changing results.

"Vintage Follett . . . This is his most ambitious novel and it succeeds admirably." —USA Today Ellis, the American. Jean-Pierre, the Frenchman. They were two men on opposite sides of the Cold War, with a woman torn between them. Together, they formed a triangle of passion and deception, racing from terrorist bombs in Paris to the violence and intrigue of Afghanistan—to the moment of truth and deadly decision for all of them. . . . Look out for Ken Follett's newest book, *A Column of Fire*, available now.

INTERNATIONAL BESTSELLER 'Steven Laureys' book opens up exciting perspectives.' – Matthieu Ricard, Buddhist monk & translator of the Dalai Lama 'Clear, lively, rigorous and authentic... [The] book we have been waiting for.' - Dr Ilios Kotsou, mindfulness and wellbeing expert 'Not reading this book is self-defeating' - Paul Witterman Rigorously researched and deeply illuminating, world-leading neurologist Dr Steven Laureys works with celebrated meditators to scientifically prove the positive impact meditation has on our brains. Dr Steven Laureys has conducted ground-breaking research into human consciousness for more than 20 years. For this bestselling book, Steven to explores the effect of meditation on the brain. He uses hard science to explain the benefits of a practice that was once thought of as purely

spiritual. The result is a highly accessible, scientifically questioning guide to meditation, designed to open the practice to a broader audience. A mix of fascinating science, inspiring anecdote and practical exercises, this accessible book offers scientific evidence that meditation can have a positive impact on all our lives.

La fine di una relazione è sempre un momento difficile che inevitabilmente porta sofferenza agli ex partner e ai figli. Se poi si aggiungono, come spesso accade, risentimento, desiderio di vendetta e rabbia, la miscela può diventare esplosiva; non a caso, la casistica relativa ai processi di divorzio è ricca di storie di distruzione personale, familiare e finanziaria.

Fortunatamente da qualche anno si sta affermando la pratica collaborativa, un metodo non contenzioso per la risoluzione delle controversie centrato sulle parti e guidato da esse.

Affiancati da un team interdisciplinare di professionisti, i due ex partner riscoprono la capacità di comunicare efficacemente e di individuare le soluzioni più vantaggiose, piuttosto che demandare a un giudice ogni decisione sul futuro della loro famiglia. L'accordo così raggiunto rispecchia esattamente il loro volere: chi, infatti, è più competente nel risolvere le divergenze di una separazione, se non gli stessi coniugi? Il libro, una guida completa alla pratica collaborativa, si rivolge non solo alle coppie in procinto di separarsi, ma anche a tutti i professionisti che si confrontano con la crisi della famiglia, come operatori del diritto, psicologi e assistenti sociali.

This book presents the first treatment program that adapts the proven practices of mindfulness-based cognitive therapy (MBCT) to meet the unique needs of people struggling with obsessive-compulsive disorder (OCD). Leading authority Fabrizio Didonna shows how techniques such as "mindful exposure" are uniquely suited to help OCD sufferers overcome intrusive thoughts and compulsive rituals while developing a new relationship to their internal experience. In a convenient large-size format, the book includes detailed instructions for implementing each of the 11 group sessions, complete with reproducible scripts for the guided mindfulness practices and 79 client handouts. Purchasers can download and print the reproducible materials at the companion website, which also provides audio recordings of the guided practices. A separate website for clients features the audio files and scripts only.

This acclaimed work, now in a new edition, has introduced tens of thousands of clinicians to mindfulness-based cognitive therapy (MBCT) for depression, an 8-week program with proven effectiveness. Step by step, the authors explain the "whys" and "how-tos" of conducting mindfulness practices and cognitive interventions that have been shown to bolster recovery from depression and prevent relapse. Clinicians are also guided to practice mindfulness themselves, an essential prerequisite to teaching others. Forty-five reproducible handouts are included. Purchasers get access to a companion website featuring downloadable audio recordings of the guided mindfulness practices (meditations and mindful movement), plus all of the reproducibles, ready to download and print in a convenient 8 1/2" x 11" size. A separate website for use by clients features the audio recordings only. New to This Edition *Incorporates a decade's worth of developments in MBCT clinical practice and training. *Chapters on additional treatment components: the pre-course interview and optional full-day retreat. *Chapters on self-compassion, the inquiry process, and the three-minute breathing space.

*Findings from multiple studies of MBCT's effectiveness and underlying mechanisms. Includes studies of adaptations for treating psychological and physical health problems other than depression. *Audio files of the guided mindfulness practices, narrated by the authors, on two separate Web pages--one for professionals, together with the

reproducibles, and one just for clients. See also the authors' related titles for clients: *The Mindful Way through Depression* demonstrates these proven strategies in a self-help format, with in-depth stories and examples. *The Mindful Way Workbook* gives clients additional, explicit support for building their mindfulness practice, following the sequence of the MBCT program. Plus, for professionals: *Mindfulness-Based Cognitive Therapy with People at Risk of Suicide* extends and refines MBCT for clients with suicidal depression.

Based on Dharma talks by Zen Master Thich Nhat Hanh and insights from participants in retreats for healing the inner child, this book is an exciting contribution to the growing trend of using Buddhist practices to encourage mental health and wellness.

Reconciliation focuses on the theme of mindful awareness of our emotions and healing our relationships, as well as meditations and exercises to acknowledge and transform the hurt that many of us experienced as children. The book shows how anger, sadness, and fear can become joy and tranquility by learning to breathe with, explore, meditate, and speak about our strong emotions. *Reconciliation* offers specific practices designed to bring healing and release for people suffering from childhood trauma. The book is written for a wide audience and accessible to people of all backgrounds and spiritual traditions.

La sfida - come dice Jon Kabat Zinn - per ciascuno di noi, sta nello scoprire chi siamo e vivere seguendo quel richiamo. Una sfida che, spesso, sollecitati da eccessive pressioni e richieste, ci sembra di perdere. In questo libro l'autrice racconta come l'incontro con la mindfulness le ha permesso di riprendere il filo della propria vita e condivide strumenti perché anche il lettore possa scoprire chi è e seguire quel richiamo, non solo per le otto settimane di un protocollo mindfulness ma ogni giorno, giorno dopo giorno. Come possiamo farlo? Partendo dall'accettazione, dal lasciar andare e dalle qualità di base che coltiviamo nella mindfulness. In un percorso della durata ideale di 8 settimane, troverai esercizi, file audio di pratica, video, letture e commenti che ti accompagneranno ad uscire da una modalità perfezionistica, dall'anoressia emotiva del pilota automatico sempre acceso per riprendere il sapore della vita, assaporarla e gustarla com'è. E, infine, per imparare a cambiarla attraverso l'accettazione, la compassione e il lasciar andare. Il tutto organizzato in modo che i tanti stimoli che il libro offre siano risorse utili e semplici da utilizzare

If you ever felt like the world is out to get you, or that you just can't seem to get things right, then this book by bestselling author Dr. Joe Vitale may have reached you at just the right time. *The Miracle-Six Steps to Enlightenment* will help you to: Discover and eliminate the unconscious barriers standing between you and your desires Learn how to focus your thoughts, energies, and actions to zap the zig zags in your path to achieving your goals Apply new methods for filling your journey with more success, joy, and gratitude than you previously imagined Enjoy experiential fun learning on your path to transformation Awaken to the miracle that is you right now This book provides guidance, meditations, exercises, resources, stories, and so much more. You have only to choose which process resonates with you given your particular circumstances, and you can be on your way to living the miracle that is now-The Miracle that is you.

PRAISE FOR *The Miracle In The Miracle*, Joe helps us unearth the cause behind our deepest unconscious beliefs and shows us how to transform them.... He helps us create and live miracles every day. - Susan Shumsky, D.D.; Award-winning, best-selling

author Even if you have heard the concepts before, Joe has a way of presenting them in new, understandable ways. You are going to love this book. - Dee Wallace; Actress, author, and healer"

"... Cominciai a seguire l'insegnamento del Buddha dal momento in cui capii che il vero e proprio non è una religione - una fede in una Divinità e in una relazione con Essa, comunque articolata -, ma un umanesimo e, più concretamente, un sistema etico-psicologico che propone metodi pratici per raggiungere, qui e ora, la piena realizzazione delle proprie potenzialità benefiche. In Occidente, l'insegnamento del Buddha è stato più volte 'interpretato' in senso più o meno teistico: il Buddha come Dio o come sua rappresentazione/manifestazione. Ma quando mi resi conto che il Buddha (il Risvegliato) non pretendeva essere un Dio o un profeta, bensì esempio supremo di ciò che l'essere umano può diventare, mi dissi: "Questo sì che ha un senso: il Risvegliato insegna agli altri, come risvegliarsi". Questo testo vuole contribuire alla comprensione della natura pratica e concreta dell'insegnamento del Buddha, il cui cuore è l'esercizio meditativo. Vi sono delineate le sue caratteristiche essenziali, per offrire al lettore non specializzato un'introduzione generale, che possa incoraggiare a farne esperienza. "Nel 1972 in Sri Lanka (...) ebbi la fortuna di leggere le parole del Buddha: la spiegazione di quello che lui stesso aveva sperimentato, e di come anche altri possano arrivare alla stessa esperienza. E così scoprii la straordinaria semplicità e la profonda concretezza del sentiero di quiete e visione profonda, da lui indicato. Mi dedicai, quindi, allo studio dell'antica lingua pali e dei testi. Nel 1974 feci un corso di meditazione Vipassana con il maestro indo-birmano S.N. Goenka; questa pratica dell'insegnamento del Buddha mi convinse ad accettare la sua validità, come guida di vita, e ad impegnarmi da allora al continuativo esercizio meditativo di Vipassana. Ben sapendo che è una strada lunga, a ogni passo mi appare giusta e benefica."

"Fascinating...full of optimism...this quick, accessible read will appeal to anyone with interest in how plants continue to surprise us." —Library Journal Do plants have intelligence? Do they have memory? Are they better problem solvers than people? The Revolutionary Genius of Plants—a fascinating, paradigm-shifting work that upends everything you thought you knew about plants—makes a compelling scientific case that these and other astonishing ideas are all true. Plants make up eighty percent of the weight of all living things on earth, and yet it is easy to forget that these innocuous, beautiful organisms are responsible for not only the air that lets us survive, but for many of our modern comforts: our medicine, food supply, even our fossil fuels. On the forefront of uncovering the essential truths about plants, world-renowned scientist Stefano Mancuso reveals the surprisingly sophisticated ability of plants to innovate, to remember, and to learn, offering us creative solutions to the most vexing technological and ecological problems that face us today. Despite not having brains or central nervous systems, plants perceive their surroundings with an even greater sensitivity than animals. They efficiently explore and react promptly to potentially damaging external events thanks to their cooperative, shared systems; without any central command centers, they are able to remember prior catastrophic events and to actively adapt to new ones. Every page of The Revolutionary Genius of Plants bubbles over with Stefano Mancuso's infectious love for plants and for the eye-opening research that makes it more and more clear how remarkable our fellow inhabitants on this planet really are. In his hands, complicated science is wonderfully accessible, and he has

loaded the book with gorgeous photographs that make for an unforgettable reading experience. The Revolutionary Genius of Plants opens the doors to a new understanding of life on earth.

This book has been replaced by Mindfulness-Based Relapse Prevention for Addictive Behaviors, Second Edition, ISBN 978-1-4625-4531-5.

Everything you desire is within your reach, if you learn to tap the miraculous power that lies within your own personality. Success belongs to those lucky people who are blessed with successful personalities. With these outstanding human beings, success is a daily miracle, a way of life, a habit. Businesspeople, preachers, doctors, soldiers, artists—people in every walk of life—are learning to achieve their goals, to overcome all obstacles to their success, to live the life they want, through the miraculous power of the successful personality. You can be one of these people. Napoleon Hill, world-famous author, associate of great and successful people from Andrew Carnegie to Franklin D. Roosevelt, lifelong teacher of the open secrets of success, can give you this knowledge and power. “Immagina che bello sentirti rilassato...gestire al meglio le tue emozioni...rinforzare la tua autostima...migliorare la tua salute...avere una soddisfacente vita di coppia...”. A volte non ci concediamo la libertà dai condizionamenti, dalle nostre paure e dalle nostre credenze depotenzianti e cerchiamo vorticosamente alibi, scuse e impedimenti che arrivano a bloccarci impedendoci di godere appieno della nostra esistenza. Spesso ci ripetiamo all’infinito il mantra del “se potessi...se allora...” aspettando un fantomatico treno che già è passato, magari in un altro binario. È ora di prendere in mano le redini della nostra Vita e di decidere cosa è meglio per noi. Decidiamo che colore utilizzare per dipingere la nostra Esistenza! Diverse sono le discipline olistiche che potrebbero fornirci degli utili strumenti per affrontare la vita nel quotidiano, attraverso una maggior consapevolezza delle proprie capacità e potenzialità. I ritmi frenetici della società contemporanea, le preoccupazioni familiari o lavorative, le varie difficoltà economiche o personali...chi di noi, oggi giorno è immune allo stress? Lo stress è, secondo il medico austriaco di inizio secolo, Hans Selye, “la risposta non specifica dell’organismo ad ogni richiesta effettuata su di esso”(“The Stress of Life”- 1956). Lo stress inoltre, può scatenarsi attraverso l’esposizione ad una vasta gamma di stimoli definiti dagli studiosi come “stressors” ossia agenti stressanti, come potrebbero essere forti stimoli emozionali, un divorzio, un lutto, un cambiamento di lavoro o più semplicemente stimoli fisici, quali ad esempio l’esposizione al caldo o al freddo, il senso di appetito o di sete. Se le tensioni prodotte dallo stress perdurano a lungo, l’intera fisiologia dell’organismo ne risente al punto che il corpo non è più in grado di mantenere costante il proprio equilibrio e di conseguenza non è più in buone condizioni di salute. Inoltre, lo stress non è una condizione patologica dell’organismo, bensì una reazione fisiologicamente utile in quanto adattiva; esso, tuttavia può trasformarsi in una condizione patogena, allorquando lo stressor agisca con una intensità particolare, si protragga per periodi di tempo prolungati oppure, se gestito male,

può concorrere all'insorgenza e alla slatentizzazione di patologie e disfunzioni varie. Lo stress pertanto non è un qualcosa che deve essere assolutamente evitato, in quanto è l'essenza della vita stessa, bensì deve essere affrontato e gestito in maniera efficace. Inoltre, spesso non siamo affatto consapevoli di ciò che vogliamo veramente e di ciò che non vogliamo. Negli ultimi anni si sente parlare molto del "Mindfulness" o pratica di consapevolezza. Gli autori Williams e Penman nel loro testo "Metodo Mindfulness" ci spiegano con elegante chiarezza che la mindfulness non è semplicemente una tecnica ingegnosa né tantomeno una moda passeggera che ci aiuta a trovare maggior consapevolezza e presenza in noi stessi, bensì una pratica, un modo di essere che è in grado di esercitare un potente beneficio sulla nostra salute e sulla felicità delle persone attraverso l'attenzione e la presenza mentale. Inoltre, questa nuova disciplina, per usare le parole degli autori, apporta con il tempo cambiamenti nell'umore, nel livello della felicità e nel benessere in generale. Oltre alla citata Mindfulness, sono diverse le discipline olistiche, ognuna con il proprio bagaglio tecnico ed epistemologico, in grado di fornirci diversi strumenti e metodologie per aiutarci nel gestire le piccole o grandi criticità legate alla vita quotidiana. Così come la Mindfulness che ha sua tradizione millenaria, lo Zen, la Meditazione Trascendentale, la Sofrologia, differenziandosi dalle altre discipline per sue specifiche peculiarità e caratteristiche che la rappresentano, affacciatasi in Occidente nel mondo delle neuroscienze intorno ai primi anni '60 è una possibile e concreta soluzione in grado di sostenerci e di fornirci delle tecniche per migliorare al meglio il nostro stile di vita, sia fisico che mentale. Grazie alla Sofrologia, inoltre, impareremo a vivere il nostro presente, il qui ed ora, l'hic et nunc tanto caro al nostro Heidegger, il quale afferma che la nostra soggettività riguarda sempre l'hic et nunc in cui agiamo, cioè il nostro esistere nello spazio e nel tempo, e il Dasein ossia l'"esser-ci", sempre connesso alla temporalità. Possiamo poi imparare ad avere maggior consapevolezza di noi e comprendere appieno cosa siamo veramente? Possiamo imparare a vivere con maggior serenità ed equilibrio interiore, acquisendo la capacità di gestire lo stress? Ecco cosa impari in questo ebook: Introduzione Capitolo 1: premesse teoriche Capitolo 2 : obiettivi dell'allenamento soffrologico Capitolo 3: applicazioni della metodica soffrologica Capitolo 4: la Sofrologia in Italia: le esperienze a Roma Conclusioni e riflessioni Bibliografia

Sappiamo tutti quanto sia complicato, per un freelance ma non solo, districarsi tra la gestione dello spazio (ufficio, casa o coworking?), delle attività (Trello o appunti scritti con il sangue?) e del tempo (lavorocasalavorofigliilavorolavorolavoro). Per queste ragioni, signore e signori, è giunto il momento di fare ordine. Mettiti comodo, sono arrivate le Organizzatessen! E vissero tutti organizzati e felici. Strategie di semplificazione della vita, per lavorare meno e meglio è un manuale molto pratico, che va dritto al punto. Tanti consigli, spremuti per te dall'esperienza pluriennale delle fanciulle che compongono questo collettivo di Professional Organizers: Ale, Anna, Greta e

Paola, sanno tutto quello che serve per accompagnarti nella gestione quotidiana del tuo lavoro e lo fanno con uno stile “senza giri di parole”. Nella loro carriera hanno aiutato clienti a liberarsi del superfluo, riorganizzato uffici e case, razionalizzato archivi cartacei e digitali e ora sono pronte a condividere con te tutte queste conoscenze, perché anche tu possa finalmente tirare il fiato e cominciare a goderti un po' di meritata tranquillità. L'ebook inizia con un'introduzione dedicata a quanto sia difficile, ma necessario, uscire dalla tua routine quotidiana e superare le cattive abitudini (hai presente quando ti distrai dal lavoro per leggere le notifiche sul tuo smartphone e, senza nemmeno accorgertene, è passata mezz'ora? Ecco). Poi ecco una serie di strategie molto concrete per aiutarti a organizzare il tuo spazio fisico: dall'ufficio, ai mobili, alla scrivania. Lavori in cucina? No problem! Nel libro trovi una soluzione anche per te! Inoltre, le autrici ti spiegano come gestire il flusso di lavoro, imparando a pianificare con attenzione scadenze e urgenze, evitando di procrastinare a oltranza e tenendo conto delle tue energie (se la mattina sei lento a partire, meglio non fissare quella consulenza fondamentale alle 8!). Non solo: nel manuale trovi anche super consigli per organizzare i tuoi pasti e il tuo armadio, perché questi piccoli elementi aiutano ad avere una giornata più organizzata, produttiva e che fila liscia come l'olio. Lo scopo di questo manuale non è importarti un tipo di organizzazione che non ti appartiene e che può provocarti più stress che altro. Con E vissero tutti organizzati e felici imparerai, infatti, un metodo pratico e concreto, per dare una struttura solida all'organizzazione del tuo lavoro e un supporto alla tua routine quotidiana, adatto a te e al tuo stile di vita. Insomma, sarai tu, solo più organizzato! L'ebook contiene tanti consigli ed esercizi pratici, oltre a ben 13 file scaricabili dal sito Zandegù (infografiche, template, inventari, modelli, ecc.), che compongono un vero e proprio workbook, pensato per metterti subito al lavoro, senza scuse e senza procrastinare, sconfiggendo a tavolino il Mostro della paura, che ti induce a fare tutto di corsa e con l'ansia. Un manuale pensato per i freelance, che spesso si trovano a dover fare i conti con l'autogestione totale del proprio lavoro e delle proprie vite. Un manuale utile anche per chi fa lavori più strutturati (dipendenti, piccole aziende), perché il caos è sempre in agguato ed è pronto a colpire anche il più attento dei top manager. L'importante, è volerci provare davvero!

THE LIFE-CHANGING BESTSELLER - OVER 1.5 MILLION COPIES SOLD 'A deeply compassionate guide to self-care - simple and profound' Sir Kenneth Branagh 'If you want to free yourself from anxiety and stress, and feel truly at ease with yourself, then read this book' Ruby Wax Authoritative, beautifully written and much-loved by its readers, Mindfulness: A practical guide to finding peace in a frantic world has become a word-of-mouth bestseller and global phenomenon. It reveals a set of simple yet powerful practices that you can incorporate into daily life to break the cycle of anxiety, stress unhappiness and exhaustion. It promotes the kind of happiness that gets into your bones and allows you to meet the worst that life throws at you with new courage.

Mindfulness is based on mindfulness-based cognitive therapy (MBCT). Co-developed by Professor Mark Williams of Oxford University, MBCT is recommended by the UK's National Institute for Health and Care Excellence and is as effective as drugs for preventing depression. But, equally, it works for the rest of us who aren't depressed but who are struggling to keep up with the relentless demands of the modern world. By investing just a few minutes each day, this classic guide to mindfulness will put you back in control of your life once again.

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