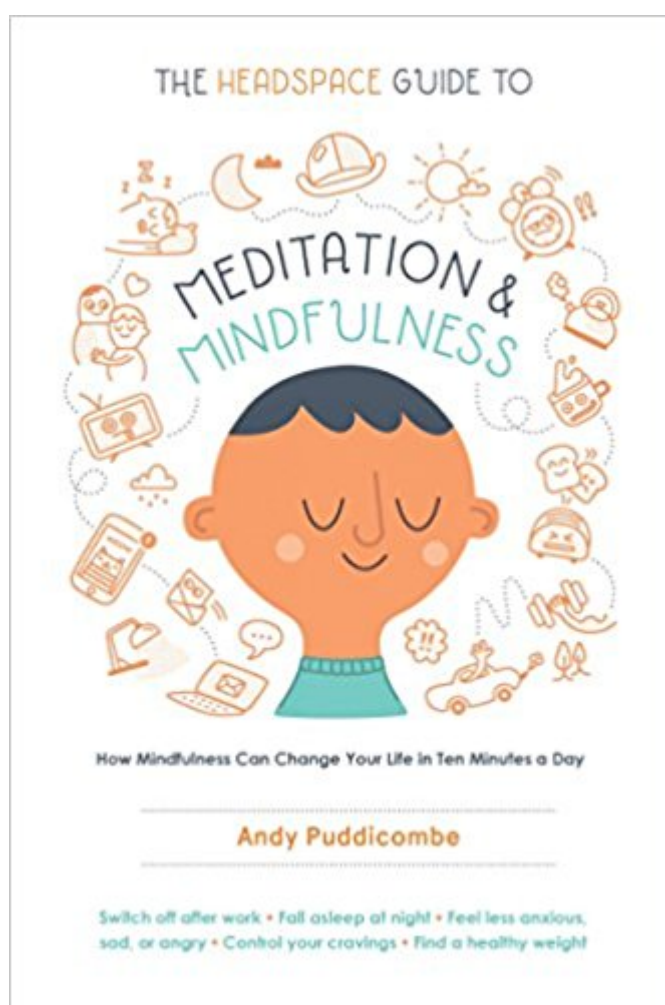


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# The Headspace Guide To Meditation And Mindfulness: How Mindfulness Can Change Your Life In Ten Minutes A Day



## Synopsis

Quiet the mind, feel less stressed, less tired, and achieve a new level of calm and fulfillment in just ten minutes a day. Andy Puddicombe, a former Buddhist monk, the Voice of Headspace, and the UK's foremost mindfulness expert, is on a mission: to get people to take 10 minutes out of their day to sit in the here and now. Like his readers and students, Andy began his own meditation practice as a normal, busy person with everyday concerns, and he has since designed a program of mindfulness and guided meditation that fits neatly into a jam-packed daily routine. Proving that just 10 minutes a day can make a world of difference. Accessible and portable, *The Headspace Guide to Meditation and Mindfulness* offers simple but powerful meditation techniques that positively impact every area of physical and mental health: from productivity and focus, to stress and anxiety relief, sleep, weight-loss, personal relationships...the benefits are limitless. The result? More headspace, less stress. Andy brings this ancient practice into the modern world, tailor made for the most time starved among us. Switch off after work \* Fall asleep at night \* Feel less anxious, sad, or angry \* Control your cravings \* Find a healthy weight

## Book Information

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## Customer Reviews

"Teaches techniques that can be practiced on a crowded subway or even while wolfing a sandwich.... Ed Halliwell (The Guardian) said Mr. Puddicombe is doing for meditation what someone like Jamie Oliver has done for food. And like Mr. Oliver, he's ready to conquer the United States." *The New York Times* "Arriving at the office already stressed and tense sounds way less than ideal and it is totally avoidable, according

to Andy Puddicombe, co-founder of Headspace, a super popular meditation app. The former Buddhist monk and author of *The Headspace Guide to Meditation & Mindfulness* believes that the key is, quite simply, just a little mindfulness." *Well+Good* "This is the only book on meditation you will ever need. Andy Puddicombe demystifies what is commonly an esoteric practice and brings it right into your living room, your office and your heart." *Patricia Ryan Madson*, author of *Improv Wisdom* "Discover what neuroscience has known for a very long time...meditation works! [This book] shows you how. A delightfully written and thoroughly enjoyable book." *Judson Brewer MD, PhD*, Medical Director, Yale Therapeutic Neuroscience Clinic, Yale University School of Medicine

ANDY PUDDICOMBE is currently the only Clinical Meditation Consultant in the United Kingdom with Medical Advisory Committee clearance for private practice. As a former Buddhist monk, he has trained extensively in meditation all over the world for more than 15 years and has been acknowledged as one of the UK's foremost mindfulness experts. He is the author of three Headspace Guides (*The Headspace Guide to Meditation and Mindfulness*; *The Headspace Diet*; *The Headspace Guide to a Mindful Pregnancy*) which are now available in 25 countries and 10 languages, and has been featured widely including in *Vogue*, the *New York Times*, *Financial Times*, *Entrepreneur*, *Men's Health*, and *Esquire*. He also makes regular appearances on TV and online, having been featured on BBC, Netflix and TED. Andy currently lives in Venice, California with his wife and son.

It's a perfectly fine book, but if you have already purchased *Get Some Headspace: How Mindfulness Can Change Your Life in Ten Minutes a Day*, DO NOT BUY THIS BOOK. They are the same book and this was not clear from the product description. In fact, these two books appeared as a suggested bundle.

As a headspace user going on a year runstreak, I wasn't sure if this book would be helpful to me or if it would best serve someone who hasn't used the app yet and who is new to mindfulness and meditation. After preordering and reading the book I'm so glad that I did. It is really for everyone, no matter their experience level with mindfulness. Reading the book after doing the app for a while has just helped deepen my understanding of the lessons, etc. and I refer back to it often. I think it's a great book on its own, or paired with the headspace app... Which I cannot recommend enough. It has been life changing.

I read this along with using the headspace application and feel much more in tune with things going on around me.

Fabulous... easy to read and understand.

Been working the app for a while now, and the book takes the learning to a little deeper level. Very complimentary.

After using the Headspace App for several months I read this book. The book proved to be very helpful in getting the most out of the app. I highly recommend combining the book with the app.

I've been using the app for a couple of months and love it. I equally love the book. It's answered a lot of the questions I had and has made practicing meditation so much easier. I think Andy is amazing and I am so thankful I stumbled upon Headspace. It has helped me so much in dealing with the stress and anxiety I've been experiencing. I would definitely say the book is a very helpful aid to the Headspace app. Although the Headspace app is still wonderful alone.

Mindfulness training is necessary in a world of constant distractions while racing on a treadmill through life. Andy's app provides brief but significant guidance with every meditation & his book explains his theories throughly. These techniques take time to learn the skill of focused attention. Andy is an interesting person with many things to tell the world.

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