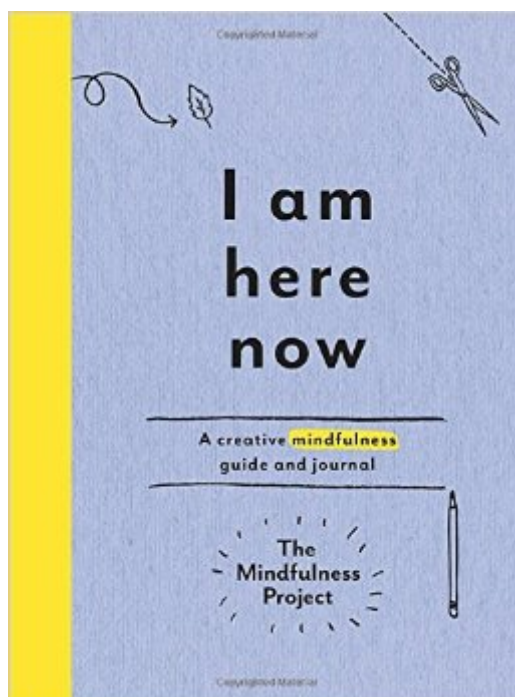


The book was found

# I Am Here Now: A Creative Mindfulness Guide And Journal



## Synopsis

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.

## Book Information

Paperback: 192 pages

Publisher: TarcherPerigee (June 21, 2016)

Language: English

ISBN-10: 0399184449

ISBN-13: 978-0399184444

Product Dimensions: 5.4 x 0.5 x 7.4 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

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## Customer Reviews

I LOVE this book! It has exercises to help one practice being mindful - to help strengthen that mindfulness muscle. It arrived rather quickly and I was so excited when I seen that it came. As I was flipping through the pages, I thought, 'Wow! This is no run-of-the-mill activity book like others I've seen!' I cannot wait to get started. I recommend this lovely book for anyone seeking to become more mindful. I am thrilled to have it. I'll be ordering a few more for my friends. They'd certainly make the perfect gift.

*I Am Here Now* is a wonderful book, very practical and creative in its approach. I ordered it during a stressful period of my life, and it has really helped me to catch my breath and be in the here and

now. I love the fact that there are many different exercises, all of which allow me to practice mindfulness in every-day settings. At the moment one of my favourite exercises is the one called 'Staying power", which asks you to watch a pot of water coming to the boil. So simple yet so challenging!

LOVELY little journal. Perfect size for carrying in a bag, purse or pocket. Excellent quality in print, paper and weight. I am one of those people that wants to keep a beautiful journal but can never start or don't want to mess up the pages of my blank sketch book. The entries here are perfect to help you just start doodling out your stress and worries in the same way that a list of writing prompts helps a person to begin and continue a writing journal. At first, it seemed that the "Teaching" aspect of mindfulness was absent, but after reading through the exercises and entry suggestions I realized that the process of completing them and the act of the journaling itself IS the act of learning and practicing mindfulness. This little journal does not beat anyone over the head with its wisdom or theory. Instead, a person might doodle and journal along with the exercises and never realize that they are relaxing, letting go and learning mindfulness. Plus, just like adults have discovered with the coloring book, there is therapeutic value and sheer fun and joy in drawing and doodling in your own little sketchbook. I received this from GoodReads Giveaways and am happy to leave my honest review even though I am not obligated to do so. I would recommend purchasing this book for yourself or for others. This would make a great gift that people can actually use and can experience rather than a book that sits on your coffee table as a display. My daughter actually adopted this journal for a while and I had to get it back from her in order to review it! That is always a good sign for me!

What a wonderful book! I am using "I am here now", not just for myself but also for my clients too in my Psychotherapy practise, introducing them to Mindfulness and using so many of the fun and inspiring ways to use Mindfulness that are illustrated so cleverly in the book, opening our eyes to the joy in everyday life and cultivating better ways for living in the world today. Thank you Alexandra and Autumn Susan L Sydney, Australia

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