

Get Back to Sleep

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2026-07

Synopsis

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inLanguage	english

If you want to rest without interruption, participate in the moment-by-moment guidance of this meditation. You will gently be guided back to sleep with ease and peace of mind focusing on the synchronicity of your mind, body, and breath.

Welcome to the mindfulness journey with Keith Mitchell, former All-Pro NFL player, master yogi, and mindfulness and meditation coach. As a professional football player, Keith Mitchell performed at the highest caliber and pushed his body beyond its limits to dominate the field. Then at age 31, when a severe spinal injury ended his career, Keith Mitchell was forced to reevaluate his life. While in the hospital, a nurse introduced him to conscious breathing, and his mindfulness journey began.

Over time, Keith Mitchell's mindfulness practice restored his physical abilities and strengthened his mental and spiritual well-being. Now he helps others achieve the same self-realization. In his book, *The Mindfulness Playbook: 8 Strategies for Winning at the Game of Life*, Keith Mitchell shares his personal story and provides insight to others as they transform their lives.

Reader's comments

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