

Practicing Mindfulness

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Synopsis

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Find everyday calmness and clarity with simple mindfulness meditations and exercises. Mindfulness meditations are a great way to cultivate awareness and acceptance of the here and now - *Practicing Mindfulness* makes it easy and accessible with 75 evidence-based exercises designed to bring calmness and compassion into your day-to-day. From finding focus with a five-minute The Power of the Mind exercise to embracing the experience with a 25-minute Open-Awareness Meditation, *Practicing Mindfulness* provides the tools you need to relieve stress, improve wellness, and practice peace of mind moment to moment and throughout the daily grind. *Practicing Mindfulness* includes:

- The daily mind -** Discover exactly what mindfulness is, how it helps, and how these proven exercises can bring relief, relaxation, and resilience to your day-to-day.
- Practical advice -** Youâ€™ll find plenty of help in dealing with distorted or wandering thoughts, how to handle mental blocks, and steps for staying cool and collected in all situations.
- Mind over matter -** Ranging from short traditional meditations to longer creative exercises, youâ€™ll find 75 easy-to-follow practices to ground yourself, like breathwork and body scans.

Begin a journey of peace and patience today on the path to a better, more balanced life with *Practicing Mindfulness*.

Reader's comments

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