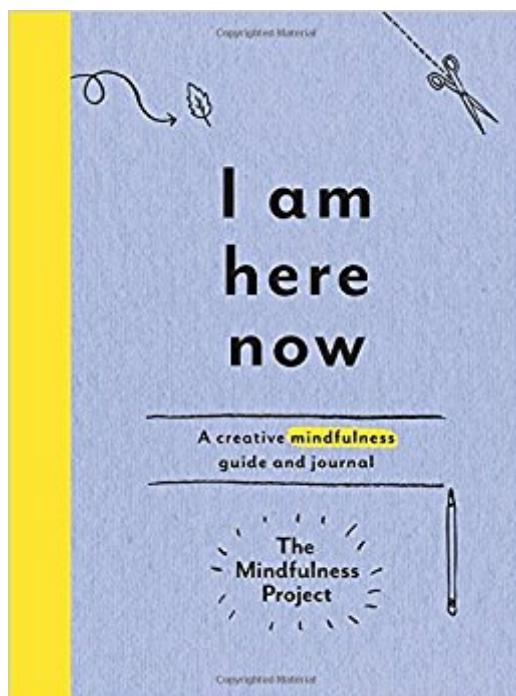


The book was found

# 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: 5.5 x 0.5 x 7.4 inches

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

Average Customer Review: 4.6 out of 5 stars 51 customer reviews

Best Sellers Rank: #7,308 in Books (See Top 100 in Books) #42 in Books > Self-Help > Creativity #58 in Books > Health, Fitness & Dieting > Alternative Medicine > Meditation #179 in Books > Religion & Spirituality > New Age & Spirituality

## **Customer Reviews**

The authors of this book, Alexandra Frey and Autumn Totton, are the founders of the Mindfulness Project. The Mindfulness Project is a platform for teaching and spreading mindfulness, which is done through a center in London and internationally through a range of online programs. Its team of expert teachers runs eight-week courses to build the essential skills of mindfulness and also offers advanced courses, drop-in classes, workshops, and seminars on a range of mindful-living topics. Alexandra, Autumn, and everyone at the Mindfulness Project are deeply motivated by the way the practice has changed and enriched their own lives and by the huge evidence base that shows it has the potential to do the same for many others.

This is filled with lots of fun mindfulness activities and information without it feeling like it's being drilled into your head. I love it, I think it's a good book for anyone who wants to be more mindful/ learn about mindfulness.

Great book for my daughter. Glad I purchased. She said that it does open your mind.

I love this book! It's very relaxing to do and I'm looking forward to the future and reading my answers.

I always refer to this when I need a break from work or life to ground me on why I am here.

This book has some great activities to help train yourself to start living in the moment instead of stressing about the future. The activities helped my husband be more productive because he was able to cope better with his anxiety. The activities are entertaining and varied.

This book was shipped very quickly. The product is exactly as it is in the picture. Looking forward to reading it.

I have always had terrible anxiety. This book helps my mind to slow down and focus on positivity. If you have ever had issues with stress before, get your hands on a copy of this. You won't regret it!

This book is fantastic, especially for one who is trying to be more mindful in life.

[Download to continue reading...](#)

I Am Here Now: A Creative Mindfulness Guide and Journal Mindfulness: Mindfulness for Beginners: How to Live in The Present, Stress and Anxiety Free (FREE Bonus Gift Included) (Mindfulness, Meditation, Buddhism, Zen) Bullet Journal: 150 Pages Cactus Pattern Dotted Journal - 8"x10" (Bullet Journal Notebook) - With Bullet Journal Ideas: Bullet Journal Notebook (Volume 1) Bullet Journal: Cactus Green Dotted Journal - 150 Pages (Size 8"x10") - Bullet Journal Notebook - With Bullet Journal Ideas: Bullet Journal Notebook (Volume 2) The Here-and-Now Habit: How Mindfulness Can Help You Break Unhealthy Habits Once and for All The Graphic Designer's Digital Toolkit: A Project-Based Introduction to Adobe Photoshop Creative Cloud, Illustrator Creative Cloud & InDesign Creative Cloud (Stay Current with Adobe Creative Cloud) The Mindfulness Workbook for OCD: A Guide to Overcoming Obsessions and Compulsions Using Mindfulness and Cognitive

Behavioral Therapy (New Harbinger Self-Help Workbooks) Not All Those Who Wander Are Lost: Notebook- Small Blank Lined Notebook; Travel Journal; Traveller's Notebook; Study Abroad Journal; Vacation Journal; ... Journal; (Travel Journals and Notebooks) Bullet Journal: Dot Bullet Journal; Small Blank Dot Grid Journal for Women; (5.25 x 8 in.) -blank dotted pages for Diary, Planner, Calligraphy, Hand ... Journal and Notebook Collection) (Volume 1) The Headspace Guide to Meditation and Mindfulness: How Mindfulness Can Change Your Life in Ten Minutes a Day Jordan River Baptism Site: Journal, Diary, Notebook - Blank, Lined, 6 x 9 - Memoir Journal, Prayer Journal, Travel Journal (Israel Series) (Volume 3) Living in The Now in Easy Steps (Understanding Eckhart Tolle, Dalai Lama, Krishnamurti, Meister Eckhart and more!): 7 Lessons & Exercises to Stop Your ... Live in the Now (The Secret of Now Book 1) Mindfulness for Bipolar Disorder: How Mindfulness and Neuroscience Can Help You Manage Your Bipolar Symptoms The Mindfulness Coloring Book: Anti-Stress Art Therapy for Busy People (The Mindfulness Coloring Series) Guided Mindfulness Meditation: A Complete Guided Mindfulness Meditation Program from Jon Kabat-Zinn 10-Minute Mindfulness: 71 Habits for Living in the Present Moment (Mindfulness Books Series Book 2) Mindfulness: How To Be In The Present Moment Everywhere In Your Everyday Life, 2.0 (FREE Bonus Included) (Mindfulness For Beginners, Meditation, Finding Peace, Present moment) The Mindfulness Coloring Engagement Calendar 2017: Color Your Way to Calm Week by Week (The Mindfulness Coloring Series) The Mindfulness Coloring Engagement Calendar 2018: Color Your Way to Calm Week by Week (The Mindfulness Coloring Series) Bill Bryson Collector's Edition: Notes from a Small Island, Neither Here Nor There, and I'm a Stranger Here Myself

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)