

Mindfulness for the High Performance World

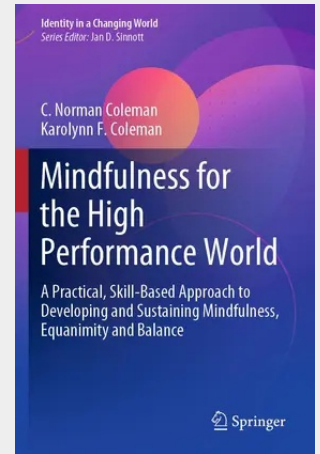
A Practical, Skill-Based Approach to Developing and Sustaining Mindfulness, Equanimity and Balance

Mindfulness for the High Performance World provides a unique approach to mindfulness training, built upon the principles of Buddhist philosophy written in line with the Dalai Lama's description of meditation and mindfulness as "Science of the Mind". This unique volume explores mindfulness as a learnable skill in context with the underpinnings of the teachings of Eastern psychology.

The authors, Norm, a physician, cancer researcher and triathlete and Karolynn, a psychotherapist, mindfulness meditation teacher and marathoner, live and work in a high-stress, high-expectation world. Their approach is rooted in an understanding that thoughts produce biochemical and physiological changes and provides a strategic framework to instruct an individual on how to categorize types of thoughts. After harnessing this ability, one is positioned to become both more aware of his or her thoughts as well as the specific patterns of sensations they produce, or Sentinel Sites?. The awareness of what the mind is doing and the ability to interrupt a thought pattern and/or control the response almost instantly leads one to having a healthier life, improved relationships with others and better adaptability to one's environment. Emphasizing the importance of physical activity and nutrition, the authors present a systematic approach for people who want to learn and incorporate mindfulness and transform how they live without having to divert their lives and careers.

Offering itself as an accessible and skill-based introduction to the principles, practices, and benefits of mindfulness, *Mindfulness for the High Performance World* is a useful resource for students, athletes and professionals living and working in high-performance, high-stress environments and also for mindfulness practitioners seeking to deepen their skill level.

Explains mindfulness in a unique instructive context with the underpinnings of the teachings of Buddhism Offers readers a step-by-step systematic approach to how to adopt mindfulness into everyday life to bring about meaningful changes in their every encounter with the world and the people in it Targets those who live and work in a high-stress, high-expectation world, so that they can lead a much healthier and rich life for themselves, others, and their environments



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