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In the '25 Lessons in Mindfulness' she holds your hand and guides you step by step, no need to join a group, leave your house, or search online. This book is an excellent source for the beginner (as well as for the experienced) who wants to have a tool at hand that helps you find, establish or re-establish your practice.

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Ameli has done a fine job of choosing and arranging this material on mindfulness. —Spirituality & Practice. 25 Lessons in

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Mindfulness is a gem. Step by step, moment to moment, Ameli takes us on a journey through the path of mindfulness. Written with grace, compassion, and clarity, every chapter is helpful. Every chapter gives us a new awakening.

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25 Lessons in Mindfulness (Paperback) Now Time for Healthy Living (APA Life Tools) By Rezvan Ameli. American Psychological Association (APA), 9781433813238, 306pp. Publication Date: August 15, 2013

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Ameli's "25 Lessons in Mindfulness: Now Time for Healthy Living" comes at a time when our society is desperate for mindfulness. In the midst of our fast-paced lives, we all need a step-by-step guide for how to slow down, forgive ourselves and others, embrace the present moment, and see the beauty in everyday life.

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Cowan (2010) also includes a short script if you'd like to use her mini-lesson. Relay the following instructions to your kids: "Please get into your mindful bodies--still and quiet, sitting upright, eyes closed." "Now place all your attention on the sound you are about to hear.Listen until the sound is completely gone."

## **25 Fun Mindfulness Activities for Children and Teens (+Tips!)**

A good mindfulness book is like the Art of Tidying for your head, where the mess begins. This one uses 25 works of art as a jumping off place to explore its lessons, which I found incredibly valuable, as the visual helps me remember the point.

## **Looking at Mindfulness: 25 Ways to Live in the Moment ...**

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step approach for establishing your own mindfulness practice."--Back cover

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### **Amazon.com: Customer reviews: 25 Lessons in Mindfulness ...**

Her book on the subject, 25 lessons in Mindfulness: Now Time for Healthy Living, published in 2013 by APA, has been extremely well received and was awarded the Benjamin Franklin silver recognition in 2014 by the Independent Book Publishers Association.

### **Mindfulness for Well-Being**

25 Lessons in Mindfulness by Rezvan Ameli, 9781433813238, available at Book Depository with free delivery worldwide.

### **25 Lessons in Mindfulness : Rezvan Ameli : 9781433813238**

The purpose of this book is to help the reader build a mindfulness practice; s/he will need to make time, commit to a regimen, find a buddy, and make an intention to experiment, learn, and practice. Lessons 1 - 17 build attentional skills, and lessons 18 - 25 are aimed at the development of compassion. Lessons 13 through 17 focus on using the ...

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