



Mindfulness on the Go (Shambhala Pocket Classic): Simple Meditation Practices You Can Do Anywhere

Jan Chozen Bays

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A pocket-sized collection of mindfulness practices anyone can do anytime--from the author of *Mindful Eating*.

Mindfulness can reduce stress, improve physical health and quality of life, and give you deep insight. Meditation practice is one way to do it, but not the only way. In fact, there are easy ways to fit it into your everyday life. Jan Chozen Bays provides here 25 practices that can be used on the go to cultivate mindfulness. The three-breath practice, the mindfulness of entering rooms, offering compliments, tasting your food one careful bite at a time--these deceptively simple practices can have a cumulative effect for the better. The book is an abridgment of Bays's longer collection *How to Train a Wild Elephant: And Other Adventures in Mindfulness*.

Mindfulness on the Go (Shambhala Pocket Classic): Simple Meditation Practices You Can Do Anywhere Details

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From Reader Review Mindfulness on the Go (Shambhala Pocket Classic): Simple Meditation Practices You Can Do Anywhere for online ebook

Florence Lyon says

A friend gifted me this little book of mindfulness tips and reminders. It's the perfect size for reading during the daily commute or vacation travels.

I admit to not trying each exercise for one week. That would have taken too long for this impatient imp. I found the first one redundant since I have had to adapt to using my non dominant hand since kindergarten, learning to use right hand scissors for craft time. Many of the other exercises involved hands and the appreciation of eating when eating. Some were obvious but warranted a reminder.

This book contains good advice in bite-sized portions. It's the kind of reference one can pick up again and choose an exercise to try once more.

Becky Ryser says

2018 Challenge—"A Book You Can Finish In A Day"

Best Part: I'm better motivated to live each day more fully, more aware, and more grateful.

Worst Part: Following the suggested guideline of practicing one technique a week would take about half a year to get through all of them.

Overall: This is one I'll be referring back to.

Laura says

I read this book one chapter per week using each chapter as an opportunity to practice mindfulness each week. I highly recommend.

Coco says

I bought this book at an airport as thought I can bring it anywhere in my handbag. The practices are quite simple that you can do anywhere as it described in the book. I agree some of them to practice but some I didn't find fit to my personality. Either way I think it is nice to keep it handy to read when you have few mins to spare.

John Stepper says

A wonderfully different kind of mindfulness book that can serve as a clear, accessible primer for people new to the topic and as an inspiring collection of simple, thought-provoking (irony intended) practices for even the most experienced meditators.

I highly recommend this book and will return to it again and again.

Randy Garry says

This little book has some good tips and insights about how to improve your mindfulness, your living in the moment. Glad I read it. I don't think I'll be carrying it with me. But I do intend to employ some of its simple practices for a week now and then. I do expect them to help, and I expect they'll encourage me to keep up with my daily meditations. Thanks for the gift, Dave.

Scottsdale Public Library says

This pocket-sized book is perfect for anyone looking to spice up their daily routine, or as the title implies, cultivate “mindfulness”. Dr. Bays is a certified Zen master, and has created 25 tasks or practices anyone can incorporate into their everyday life to encourage mindfulness. Mindfulness is simply a deeper awareness of our surroundings and a more invested interest in the many choices we have to make in any given day. According to Bays, an increase in mindfulness can reduce stress and make for better physical and mental well-being. Each of the 25 practices/tasks is tied-in to a Zen philosophy and Bays describes how each is beneficial. Some examples include: using your non-dominant hand; saying “yes”; eliminating filler words in our speech; when eating, just eat. Some practices are trickier to implement depending on what sort of job you have, but even trying out just a few of Bay’s ideas will perhaps cause you to reevaluate your daily routine and adopt some new ones. You’d be surprised at how these simple practices can alter your outlook!
–Hannah V.

SARA says

Easily applicable!

Kazi says

All the basics of mindfulness practice distilled into this tiny book.

Niklas Braun says

It's a pretty cool little book. It has lots of activities one can incorporate into their daily lives, pretty much nullifying the "I don't have time to meditate" excuse. Really this book convinces you that you can always have time for it no matter where you are. The explanations are somewhat lackluster though, and often not that relatable. But overall it gives solid tips and practices that I have been slowly incorporating over time.

Jamie is says

I bought this at Alexander's Bookstore in FiDi SF and am keeping it in my purse. It includes such exercises as Mindfulness while waiting, Mindfulness while driving, etc. Easy read and very good activities to bring more awareness into many aspects of everyday life. I could do without the "Remind Yourself" sections within each exercise though - they are literally all suggestions to write the name of the activity on a post-it note and place where you will see it as a reminder of the lesson. Too redundant.

Justine Camacho-Tajonera says

I bought this book on a whim because it was so small and so promising (the keywords were: simple, do anywhere). It was true to its word. This will not be the first time I will read this book. This was actually my "banyo" read (sorry, TMI!) for the whole of August and September. My favorite practices were: 1) using my left hand (non-dominant hand) to brush my teeth (that was all I could manage for August), 2) feeling the bottoms of my feet. It's very interesting how relaxing it can be to put one's awareness in one's feet. We are all so used to centering our attention in the head or the heart (or even the breath), it's very refreshing to feel one's feet entirely. 3) When eating, just eat. It's very easy to use eating time as a time for talking or doing something else (like reading or browsing through Facebook!). Eating to just eat helped me pay attention to being full. 4) Just three breaths. This is a very easy mindfulness exercise. It just takes the space of three breaths and it can instantly bring me into the present. 5) Being present to the temperature. I notice that when I feel the slightest discomfort, I try to change the temperature (put on the fan or put on aircon) but actually adjusting to the temperature is a good mindfulness exercise. After a few minutes, it's not as bad as one thinks. This book will be a much-beloved companion in the future.

Pepper says

Great pocket-sized guide to learning how to be more you. The you that you were before society intruded upon you with its expectations of what or who you should be.

I highly suggest doing what the guide says to do in taking one week per exercise, don't read or skip ahead if you can help it. I plan on repeating the process more than once. My favorite exercise so far is using your less dominate hand as much as possible. Remember to have a sense of humor & that it is okay to laugh at yourself.
