

Download Mindfulness And Letting Be

A revolutionary approach to overcoming perfectionism! A recent, randomized study—published by Mindfulness Journal—shows that Present Perfect is effective as a standalone intervention. Letting Everything Become Your Teacher: 100 Lessons in Mindfulness [Jon Kabat-Zinn, Hor Tuck Loon] on Amazon.com.

FREE shipping on qualifying offers. Yes, there actually is a way to let everything become your teacher, to let life itself, and everything that unfolds within it. Simple wisdom for complex lives. Quotes, tips & stories to help us help ourselves and each other. Mindfulness is the psychological process of bringing one's attention to experiences occurring in the present moment, which one can develop through the practice of meditation and through other training.