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"Pressestimmen 'Artist, author, and meditation enthusiast Ton Mak's debut book, A Sloth's Guide To Mindfulness helps introduce newbies, dabblers, and old hands alike to a more laid-back, relaxed approach to mindfulness and meditation.' -- Happiful Über den Autor und weitere Mitwirkende Ton Mak is an artist and meditation enthusiast based in Shanghai. Five years ago she left her job as an advertising wage slave to make her obsessive doodling of her family of Flabjacks her full time focus. Since then she has created visual arts of all forms including installations in shopping malls, art toy sculptures, and solo exhibitions around the world. Along the way she has successfully collaborated with Nike, Gucci, Swiss Air, Vans and more."

Elizabeth s pick a sloth s guide to mindfulness by ton mak during this stressful time it s important to take care of our mental health i highly suggest reading this book if

Artist author and meditation enthusiast ton mak s debut book a sloth s guide to mindfulness helps introduce newbies dabblers and old hands alike to a more laid back relaxed approach to mindfulness and meditation. It is a simple but very effective breathing exercise which is an ideal introduction into mindfulness this can be used to help ease worries anxiety and stress as well as being a tonic for sleep.

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Author ton mak wrote a sloth s guide to mindfulness july 2018 a cartoon like deceptive book one can use to learn how to meditate s introductory blurb to the book says follow a serene and smiley

sloth through a series of light meditations with this snuggable guide. Find books like a sloth s guide to mindfulness mindfulness books spiritual self help book funny meditation books from the world s largest community o. A sloth s guide to mindfulness pairs meditation tips and daily reflections with illustrations of a sweet smiling sloth featuring breathing exercises and guided visualizations the book is a. Through the guidance of an unlikely but very wise meditation expert a sloth s guide to mindfulness reminds you it s okay to go at your own pace from simple breathing exercises and guided visualizations to the benefits of chewing your leaves slowly and staying present while hanging from a tree a sloth s guide to meditation will provide you with practical ways to be more present and mindful.

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Follow a serene and smiley sloth through a series of light meditations and daily reflections with this unexpected and snuggable guide from simple breathing exercises and guided visualizations to the benefits of chewing your leaves slowly and staying present while hanging from a tree this little illustrated book of mindfulness will help readers discover the path to a peaceful philo sloth ical life

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caregivers covering topics from taking deep breaths to acknowledging strong feelings and working to let them go.

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A sloth s guide to mindfulness ton mak about a sloth s guide to mindfulness with the guidance of an unlikely mediation expert this little mindfulness bo. I hope you enjoy this cute little sloth book this is my first asmr video though i have watched them for many years so the equipment is very simple but i really love a lot of simple videos so. Through the guidance of an unlikely but very wise meditation expert a sloth s guide to mindfulness reminds you it s okay to go at your own pace from simple breathing exercises and guided visualizations to the benefits of chewing your leaves slowly and staying present while

hanging from a tree a sloth s guide to meditation will provide you with practical ways to be more present and mindful. A sloth s guide to mindfulness let this humorous hardcover from chronicle book encourage you to adopt a more philo sloth ical lifestyle by ton mak this illustrated book takes you through mindful practices page by page with plenty of adorableness sprinkled in after all who couldn t benefit from slowing things down a bit.

A sloth s guide to mindfulness is a succinct illustrated volume that makes mindfulness a little bit less daunting and a lot more fun the beauty of this easy to read volume is its irony and humor and its ability to quickly make mindfulness second nature

Ton mak s a sloth s guide to mindfulness is an absolutely delightful t book suitable for your friends who meditate and those who are considering starting a practice sometimes we all feel like sloths.

A sloth s guide to mindfulness gives motivation to analyze information and is also useful when criticizing plots or it is a well written section if the character is properly designed if the narrative sounds innocent etc if you ever have the opportunity to discuss the book with others you will be able to clearly tell their views as you

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A clinician s guide to teaching mindfulness offers a wise and practical immersion into the nuts and bolts of guiding others and oneself into the daily practice of mindfulness meditation christiane wolf and j greg serpa build on their years of experience to create this useful scientifically grounded step by step manual for.

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brown senior editor. They can be paired with mindfulness meditation scripts being used prior to or post a mindfulness meditation session there are also countless online guided meditations to help deepen one s own practice or to help teachers gain a better understanding of the tone flow and structure of guided meditations. A practical guide for clinicians and educators author donald mccown diane k reibel marc s micozzi publisher springer science amp business media isbn 9780387094847 category medical page 250 view 9746 download now the applications and use of mindfulness based interventions in medicine mental health care and education have been expanding as rapidly as the empirical evidence base that.

A beautifully illustrated book of mindfulness that will help readers discover the path to a peaceful phioslothical life follow a serene and smiley sloth through a series of light meditations and daily reflections an unexpected and snuggable guide you ll learn that it s ok to slow down Mindfulness is the basic human ability to be fully present aware of where we are and what we re doing and not overly reactive or overwhelmed by what s going on around us while mindfulness is something we all naturally possess it s more readily available to us when we practice on a daily basis. A sloth s guide to mindfulness mindfulness books spiritual self help book funny meditation books a beautifully illustrated book of mindfulness that will help readers discover the path to a peaceful phioslothical life follow a serene and smiley sloth through a series

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