



Mindfulness in Eight Weeks: The revolutionary 8 week plan to clear your mind and calm your life

Michael Chaskalson

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Find your way into Mindfulness with this engaging and practical step-by-step guide that you can follow in your own time and in the comfort of your own home.

Mindfulness training can change your life: recommended by the UK's National Institute for Health and Excellence and prescribed by the NHS, it helps you to experience less stress and anxiety, and to discover more joy and deeper sense of being in each moment. In just eight weeks, people who have learnt these simple and easy-to-follow methods describe how it gives them new zest for life and an increased courage to face whatever obstacles they come across.

Michael Chaskalson is an expert instructor. His forty years of practical experience with Mindfulness have enabled him to create a do-it-yourself programme that brings a fresh ease to practising. Endorsed by bestselling author in the field, Mark Williams, this course is a unique hybrid of the two most popular approaches: Mindfulness-Based Stress Reduction (MBSR) and Mindfulness-Based Cognitive Therapy (MBCT). Broken down into eight week segments with step-by-step instructions carefully coordinated for each, Mindfulness in Eight Weeks also comes with audio materials available to download to support home practice, making this book as near as you can get to being a participant on a teacher-led mindfulness course without actually joining one.

Simple, supportive and highly recommended, this is THE revolutionary 8 week plan to detox, de-stress and de-clutter your mind.

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