



MINDFULNESS — FOR — EVERY DAY

Simple Tips and Calming Quotes
to Help You Live in the Moment

MINDFULNESS FOR EVERY DAY

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First published as *The Little Book of Mindfulness* in 2019

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www.hachette.co.uk

Vie Books, an imprint of Summersdale Publishers Ltd

Part of Octopus Publishing Group Limited

Carmelite House

50 Victoria Embankment

LONDON

EC4Y 0DZ

UK

www.summersdale.com

Printed and bound in China

ISBN: 978-1-80007-437-8

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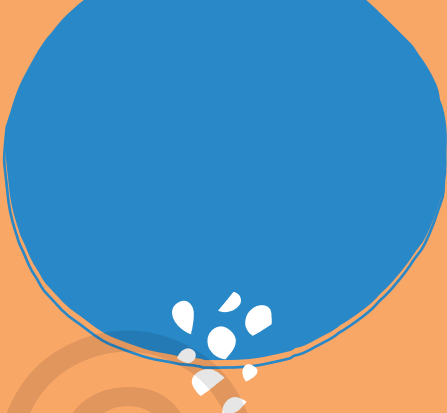
The page is decorated with stylized floral and leaf motifs in blue and orange. In the top left, there are orange leaves on a blue stem. In the top right, there are orange leaves on a blue stem. On the left side, there are blue and orange circular shapes with small blue leaves. On the right side, there are blue and orange circular shapes with small blue leaves. At the bottom, there are blue and orange circular shapes, a blue stem with orange leaves, and a blue stem with orange leaves.

INTRODUCTION

Welcome to *Mindfulness for Every Day*. You may have chosen this book because you want to feel less stressed, improve your quality of life or increase your focus. Whatever your motive, there is no doubt that practising mindfulness is one of the easiest and most effective solutions to bettering your life in many areas.

Full of tips, advice and thoughtful quotes to help you embrace the power of the present moment, this book delivers all you need to make every day one of appreciation and peace.

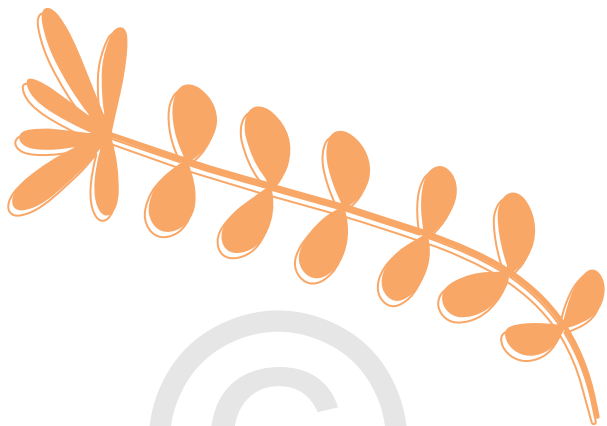
Happy reading!



YOU SHOULDN'T CHASE
AFTER THE PAST OR PLACE
EXPECTATIONS ON THE
FUTURE. WHAT IS PAST IS
LEFT BEHIND. THE FUTURE
IS AS YET UNREACHED.

Buddhist proverb





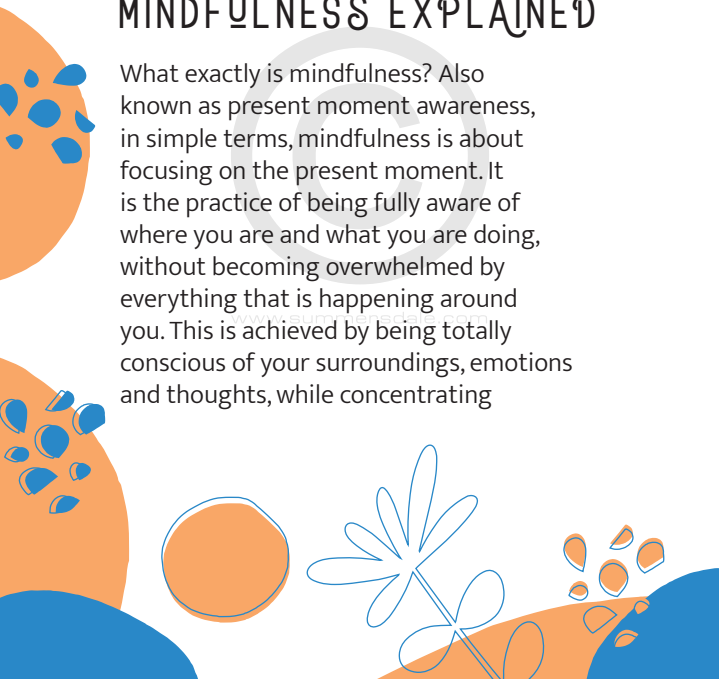
THE PRESENT MOMENT
IS FILLED WITH JOY
AND HAPPINESS. IF
YOU ARE ATTENTIVE,
YOU WILL SEE IT.

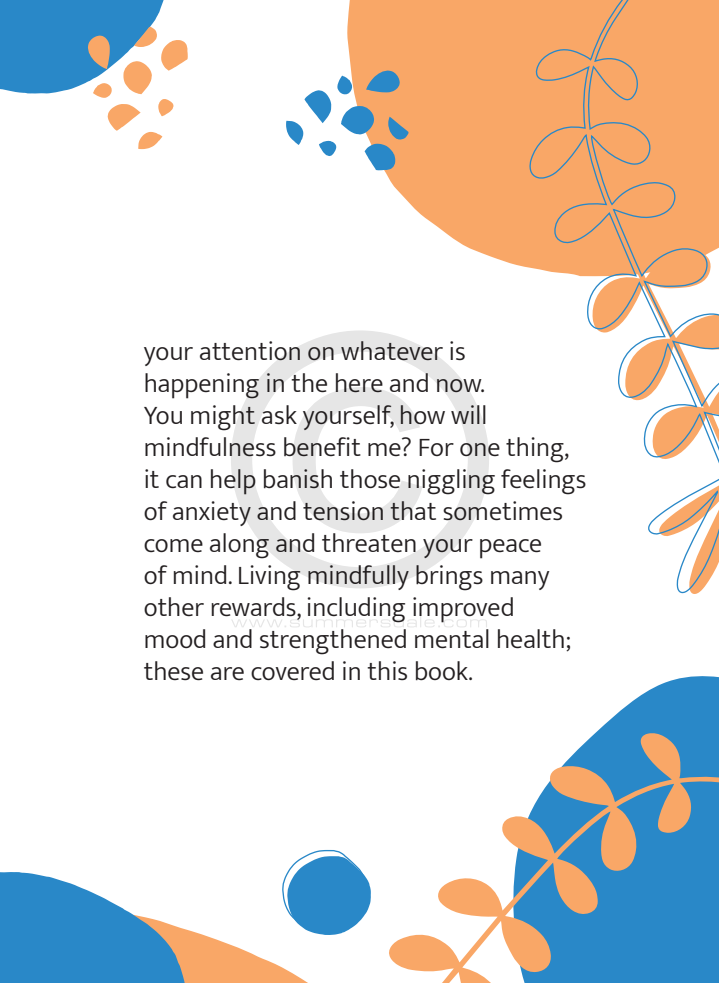
Thích Nhất Hạnh



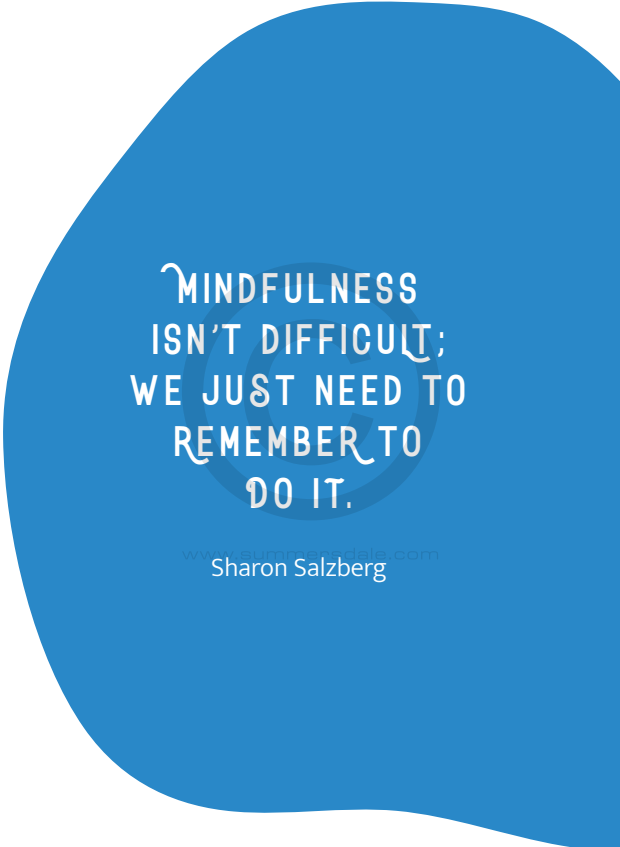
MINDFULNESS EXPLAINED

What exactly is mindfulness? Also known as present moment awareness, in simple terms, mindfulness is about focusing on the present moment. It is the practice of being fully aware of where you are and what you are doing, without becoming overwhelmed by everything that is happening around you. This is achieved by being totally conscious of your surroundings, emotions and thoughts, while concentrating



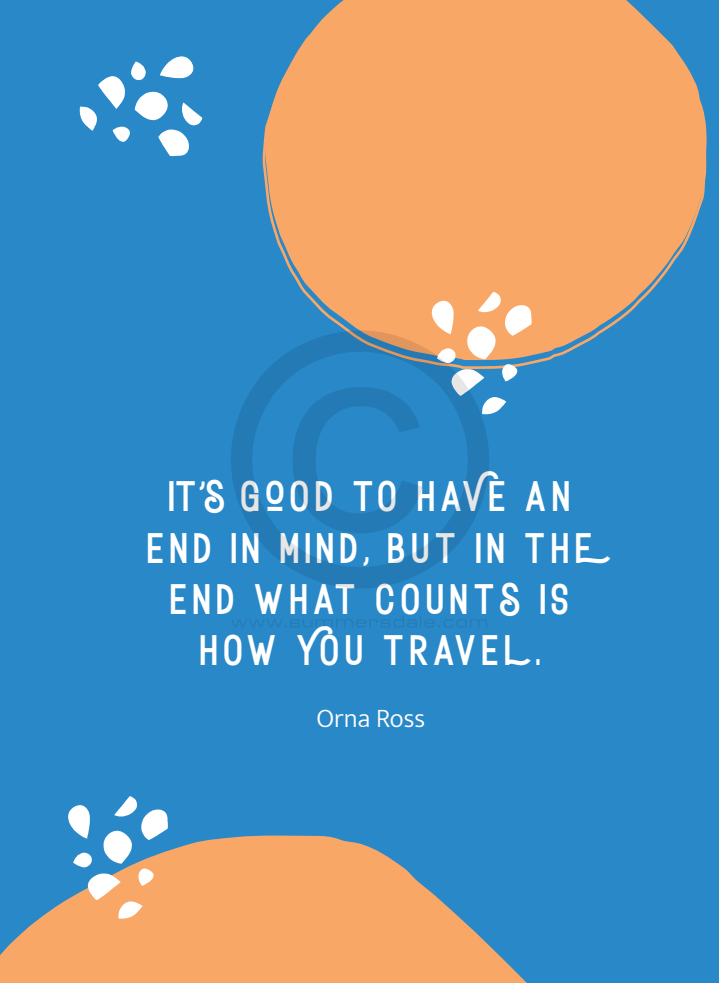
The background features a mix of blue and orange colors. There are large, soft-edged shapes in both colors. A prominent orange circle is in the upper right, and a blue shape is in the upper left. A thin, light blue stem with several orange, teardrop-shaped leaves runs vertically on the right side. Another similar stem with orange leaves is in the bottom right corner. A small, solid blue circle is located near the bottom center. The text is centered in a clean, black, sans-serif font.

your attention on whatever is happening in the here and now. You might ask yourself, how will mindfulness benefit me? For one thing, it can help banish those niggling feelings of anxiety and tension that sometimes come along and threaten your peace of mind. Living mindfully brings many other rewards, including improved mood and strengthened mental health; these are covered in this book.



MINDFULNESS
ISN'T DIFFICULT;
WE JUST NEED TO
REMEMBER TO
DO IT.

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Sharon Salzberg




IT'S GOOD TO HAVE AN
END IN MIND, BUT IN THE
END WHAT COUNTS IS
HOW YOU TRAVEL.

Orna Ross

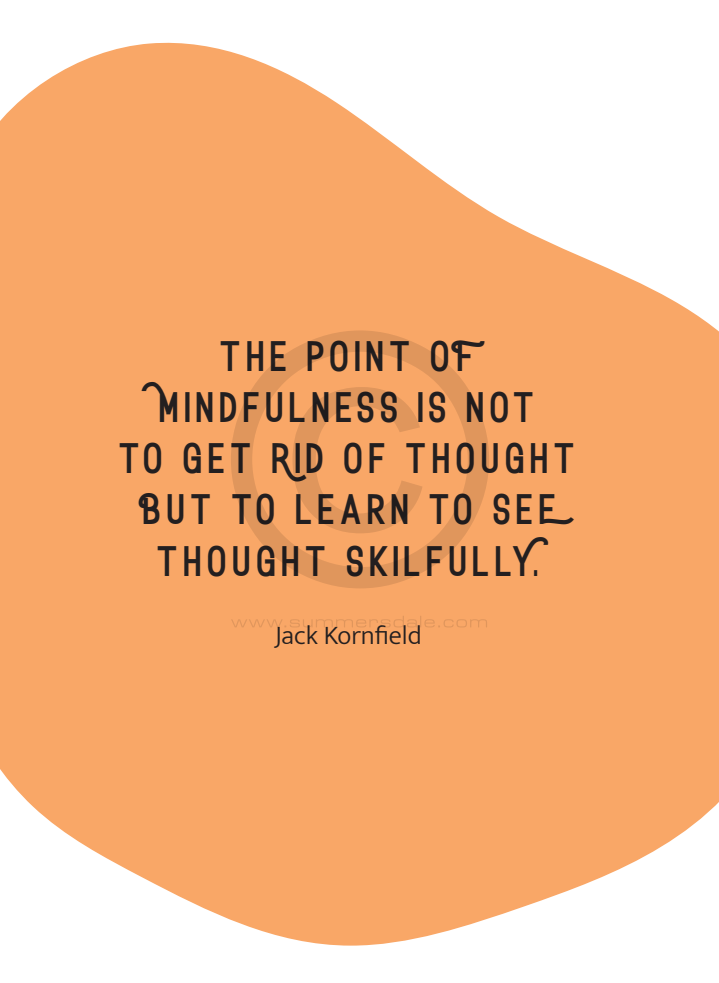


NO DISTRACTIONS

When you first start to practise mindfulness, eliminate distractions. Choose a peaceful space, switch off your phone and cut out as much external noise as possible. Focus on your breathing. Notice how each breath moves in and out of your body. If your mind starts to wander, bring your focus back to your breathing. The more you focus, the easier it gets.

The background features abstract shapes in blue and orange. There are clusters of small teardrop shapes in blue and orange. A large orange circle is partially visible in the upper right. A blue circle is in the lower left. Stylized floral or leaf patterns in blue and orange are scattered throughout. A faint watermark of a spiral and the text 'www.summersdale.com' is visible behind the main text.

If you notice that you're thinking ahead to what you're going to do next, gently nudge your attention back to the present. Although mindfulness is all about paying attention to what's happening around you right now, it doesn't mean shutting out every thought you have. Your mind doesn't come with an "off" switch. It is about dealing more creatively with those thoughts and experiencing life as it unfolds, moment by moment.



THE POINT OF
MINDFULNESS IS NOT
TO GET RID OF THOUGHT
BUT TO LEARN TO SEE
THOUGHT SKILFULLY.

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Jack Kornfield