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# Mindfulness: An Eight-Week Plan For Finding Peace In A Frantic World

INCLUDES A BONUS GUIDED MEDITATION CD

## Mindfulness

AN EIGHT-WEEK PLAN FOR  
Finding Peace

IN A  
Frantic World



Mark Williams and Danny Penman

FOREWORD WRITTEN AND READ BY JON KABAT-ZINN



## Synopsis

Everyday life is so frantic and full of troubles that we have largely forgotten how to live a joyful existence. We try so hard to be happy that we often end up missing the most important parts of our lives. In *Mindfulness*, Oxford professor Mark Williams and award-winning journalist Danny Penman reveal the secrets to living a happier and less anxious, stressful, and exhausting life. Based on the techniques of Mindfulness-based Cognitive Therapy, the unique program developed by Williams and his colleagues, this book offers simple and straightforward forms of mindfulness meditation that can be done by anyone-and it can take just 10 to 20 minutes a day for the full benefits to be revealed.

## Book Information

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## Customer Reviews

Initial Review 12/14/2010: Let me begin by saying that I have always been a huge skeptic about mindfulness, meditation, and anything else along those lines. That is until I began seeing all of the new scientific research on the subject and the new theory of brain plasticity...how people can literally change their brains no matter how old they are. This research was enough to convince me to give mindful meditation a try. Staying with the theme of the science of meditation, I chose *The Frantic World* book because the program was created by a team of PhD scholars from respected universities, such as Oxford, Cambridge, UMass, etc. Interestingly, the main author of this book, Mark Williams, was a skeptic when he started researching the subject as well. Not any more. I am currently on week eight of the plan and I can tell you that I absolutely have noticed a difference. Not only do I feel calmer in situations that used to bother me the past physically, but I am also learning

how to treat myself with more compassion, get out of autopilot and break many of my bad habits, and how to face my fears head on rather than avoiding them and actually making things worse. I have gone from a complete skeptic to someone who plans to continue to practice mindfulness for the rest of my life. I'm not going to sugarcoat things and say that it's easy to find the time to meditate. It's not. One has to work hard to make sure that they find the half hour or so per day that they need to dedicate to the practice. That's not easy with work, kids, and life in general. I promise you though that it's definitely worth the time that you put in. I've never written a product review about anything on or any other site for that matter before.

In my life I have had a tendency to over think things and have found that often the simplest solution is the answer to life's problems. For years I have struggled with ADHD and a mind that races 900mph all the time. I have suffered from numerous bouts of depression, restlessness, anxiety, and a general sense that most of my life has been wasted waiting for something good to happen. Despite a high degree of intelligence and creativity, I have felt unable to make any progress on the projects I know would change my life for the better. After repeated attempts to discuss these issues with my doctors I had almost given up hope when I heard professor Mark Williams on the public radio program Science Friday discussing his book. I ordered the book and have begun to follow the 8 week plan and already I can see major changes in my mood, attitude and general happiness regarding my life. I am better able to focus on my work and get much less overwhelmed in public. Things like wild, loud, obnoxious kids at the grocery store, crying babies in restaurants or inconsiderate people in public amplified by my ADHD would cause me to become angry to the point I would freak out in public. This has not been the case since I have started the 8 week program. I HIGHLY recommend this book as a means of not only calming your thoughts and to help you focus on your life and the things that truly matter, but more importantly to maximize your happiness and enjoyment of the years you have left to you. This is truly the easiest way I have seen to change your thinking and turn you from someone who is "pre-living the future and re-living the past" to someone who can effectively live in the moment. My only complaint is that I purchased the book and it did not come with a CD of the guided meditations.

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