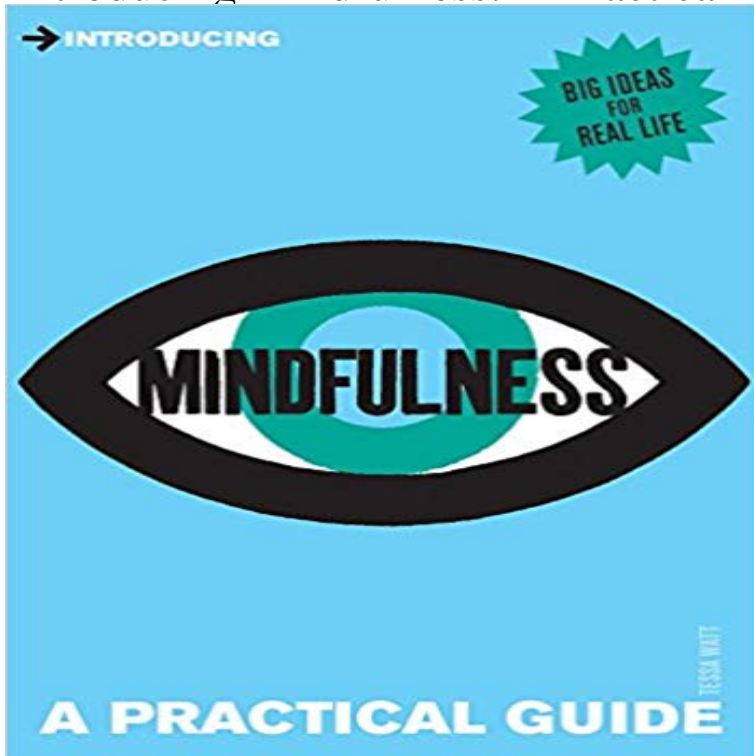


Introducing Mindfulness: A Practical Guide



Mindfulness is about teaching yourself to be more aware of your body and your environment, more present in the here and now, more focused and able to make choices about where you direct your attention, and more accepting of yourself and other people.

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