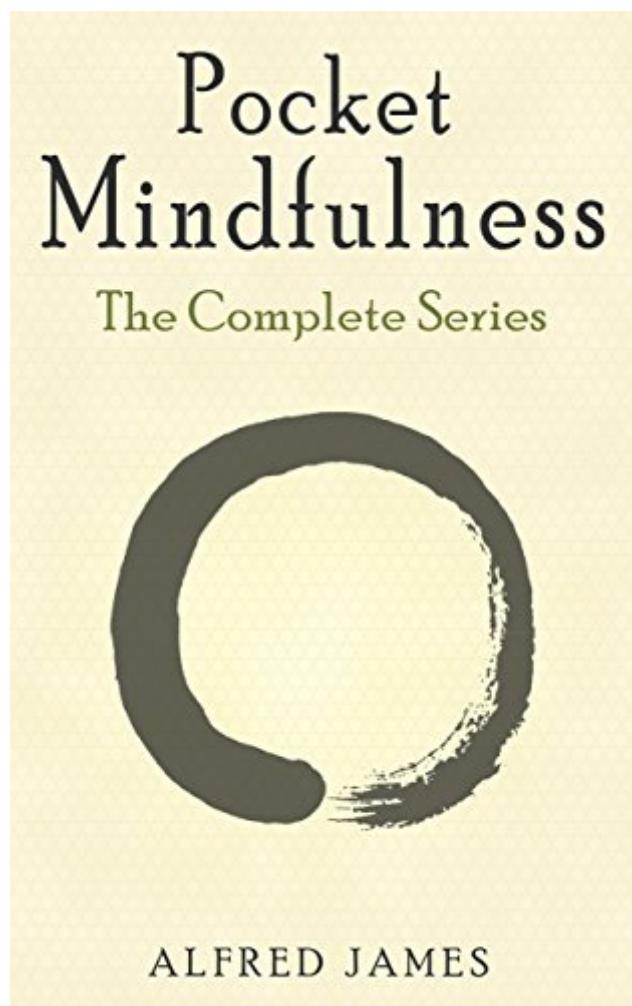


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# Pocket Mindfulness - The Complete Series



## **Synopsis**

Pocket Mindfulness is the bestselling series by Alfred James. This Complete Series edition combines all three books, providing a comprehensive journey through the definition, practice and application of mindfulness. Volume 1 comprises a tapestry of short chapters that together define the purpose of mindfulness and how it enables a more spacious, reliable and loving connection with ourselves and others. Praised for its almost poetic interpretation of this ancient philosophy, Pocket Mindfulness continues to be a popular source of quotation for teachers and mindfulness practitioners alike. Volume 2 explores the pathway to true awareness and inner contentment. James writes brilliantly on the complexities of mind, explaining how desire, attachment and aversion cause stress, anxiety and general mental suffering, and how mindfulness practice helps us tame the ego, reconnect with the purpose of our existence, accept the inevitability of death and share loving-kindness in the world. Volumes 3 forms a comprehensive guide to successful meditation. James clearly defines its purpose, explaining how regular practice helps stabilise the mind and ensure we remain fully present and conscious in daily life. He then delves into practical examples of how to meditate using the breath, objects and sounds to centre the mind and overcome distraction, before finishing with a profound insight on what it feels like to experience a true state of meditation. Pocket Mindfulness will transform your mind and awaken you to the beauty of each waking moment, enabling you to release stress, fear and anxiety and work towards greater self-understanding and inner peace. James' words will empower you to fall awake into the world, transforming your relationship with the way you think, feel, love, work and play. Download Pocket Mindfulness for Kindle now.

## **Book Information**

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## Customer Reviews

Thankfully, you don't need to spend hours a day sitting in a Buddhist monastery to achieve the benefits of meditation. Rather, you can use everyday experiences as opportunities to practice being mindful and connected to the present moment. Alfred James does a superlative job of making it easy for all of us to use this practice at home and work. I love that I have this on my iPhone and can easily access it throughout the day for inspiration.

What we experience depends on where our minds are coming from at any given moment. Pocket Mindfulness is a great resource to remind us to come back to the present moment, let go of judgment, and be with "what is." This series is one that you'll want to keep handy and dip into again and again--as a reminder to be awake. . . Very well done!

I thoroughly enjoyed Pocket Mindfulness and will certainly be dipping in and out in the future when I need to "bring my mind back home" as Alfred James says. I bought the first short book and then decided to buy the second two parts in this compilation so I'd have them all on one Kindle. If you're looking for some re-centering and re-balancing in your life then this comes highly recommended.

Simple yet profound! Love his work!

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