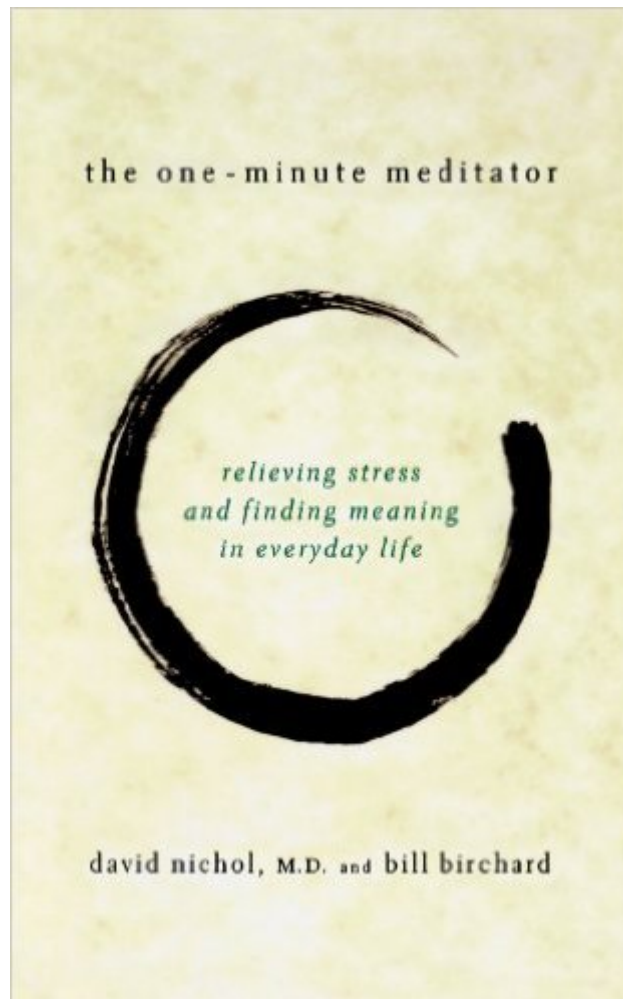


The book was found

The One-Minute Meditator: Relieving Stress And Finding Meaning In Everyday Life



Synopsis

On an average day, in an average minute, we can process over 240 billion bits of information per second. Such incredibly rapid brain activity can lead to confusion, fear, tension, stress, and anxiety. To stave off these pressures, our minds instinctively look for "one-minute escapes": exercise, drinking and drugs, smoking, sex, and entertainment. All efficient short-term distractions, none is a permanent salve. The One-Minute Meditator shows readers how to harness the innate drive for quick mental escapes and use that urge to quiet our thoughts from within. Proving that meditation is both physically and emotionally healthful, Nichol and Birchard show readers how to meditate whenever they have a solitary minute or more: on the walk from the parking lot to the office, while waiting in line, while on hold on the phone, or while trying to fall asleep. Both inspiring and instructive, The One-Minute Meditator gives readers the tools to incorporate the power of meditation into otherwise busy, harried lives.

Book Information

Paperback: 164 pages

Publisher: Da Capo Press (April 2001)

Language: English

ISBN-10: 0738203785

ISBN-13: 978-0738203782

Product Dimensions: 5 x 0.4 x 8 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 3.6 out of 5 stars See all reviews (9 customer reviews)

Best Sellers Rank: #475,080 in Books (See Top 100 in Books) #154 in Books > Health, Fitness & Dieting > Exercise & Fitness > Quick Workouts #360 in Books > Self-Help > Memory

Improvement #2837 in Books > Health, Fitness & Dieting > Alternative Medicine > Meditation

Customer Reviews

I have meditated daily for the last 3 years and have found this book very helpful. I had let my meditations become more "routine" than "mindful". The very easy exercises through out the book helped me find my center again. I would recommend this book to anyone at any level . . . beginner to experienced!

A year after diagnosis with high blood pressure, I've been on diets, medication, and a steady dose of advice from my family. My doctor suggested I meditate to reduce stress, but everything I read

wanted to change my religion. This book is terrific. A quick read, it is a practical, hands on, step-by-step approach to meditation. And it really works. Finally I understand what all the shooting was about.

10/18/2001 - Ommmmm along for peace of mind By Deirdre Donahue, USA TODAY This autumn, our national psyche's Teflon shield has been severely scratched by terrorist attacks and anthrax headlines. We cannot change reality, so people need to find healthful ways to cope. For centuries, people around the world have found an inner calm through meditation. It seems easy. Just sit or lie down, close your eyes and clear your mind. Alas, taming those wild monkeys that jump around your mental tree is very difficult. This book and audio presentation explores the practice of meditation: * The One-Minute Meditator by David Nichol, M.D., and Bill Birchard (Perseus Press, and Audio Renaissance, 3 hours, abridged). Read by Nichol, the tape is fervent in describing the way training one's mind can decrease stress.

I enjoyed this book very much. I especially liked the second half with the instruction on meditation. It also had the best description of mindfulness that I have ever heard. Great book!!

I bought this book because several of the calmest, most positive people I know recommended meditation as a way to ease my anxiety. I found this book very helpful. To be clear, I had no prior experience or knowledge of meditation besides the fact that I always drifted off when I tried! So if you've read about the practice before, this probably isn't the best book. But if you, like me, are new to this and want an easy overview and to get started right away with baby steps, I highly recommend it.

[Download to continue reading...](#)

The One-Minute Meditator: Relieving Stress and Finding Meaning in Everyday Life Meditation: Complete Guide To Relieving Stress and Living A Peaceful Life (meditation, meditation techniques, stress relief, anger management, overcoming fear, stop worrying, how to meditate) Cooking for One: 365 Recipes For One, Quick and Easy Recipes (Healthy Cooking for One, Easy Cooking for One, One Pot, One Pan) Wine Time Coloring Book: A Stress Relieving Coloring Book For Adults, Filled With Whimsy And Wine (Whimsical Refreshments) (Volume 1) Adult Coloring Books: A Coloring Book for Adults Featuring Stress Relieving Patterns and Intricate Doodles Heart Mandala Coloring Book: Stress Relieving Mandalas Design : Coloring Books For Adults, Meditation Coloring Book for adult (Volume 1) Swear Word Coloring Book : Midnight Black Edition Best Seller Adults

Coloring Book With Some Very Sweary Words: 40 Stress Relieving Curse Word Designs ... Words
Coloring Books For Adults) (Volume 5) Swear Word Coloring Book Adults Retro & Pop Art Edition :
A Very Sweary Coloring Book: 44 Stress Relieving Curse Word Pictures To Calm You The F**k
Down (Swear Word Coloring Books) (Volume 4) Coloring Books for Adults: Halloween Mandala:
Adult Coloring Book with Stress Relieving Mandalas (Peaceful Mandala) (Volume 4) Sweary
Mandalas: Midnight Edition: Funny Coloring Books Best Sellers Coloring Books For Adults
Relaxation & Adult Coloring Books Stress Relieving ... Coloring Book & Color Therapy & Art
Therapy) Flowers Adult Coloring Book Travel Size: Over 30 Fun Stress Relieving Flowers #1 Book
For Your Inner Artist Evernote for your Life | A Practical Guide for the Use of Evernote in Your
Everyday Life [2014 Edition]: A Practical Guide for the Use of Evernote in Your Everyday Life
Finding Meaning in Life, at Midlife and Beyond: Wisdom and Spirit from Logotherapy (Social and
Psychological Issues: Challenges and Solutions) Why Suffering?: Finding Meaning and Comfort
When Life Doesn't Make Sense Finding Meaning in the Second Half of Life: How to Finally, Really
Grow Up How to Boil an Egg: Poach One, Scramble One, Fry One, Bake One, Steam One The Big
Book of Dump Meals Box Set (11 in 1): Low Carb One Dish, One Pot, Slow and Pressure Cooker,
Freezer and Stir-Fry Dump Meals for Stress-Free Cooking (One Pot Dump Dinners) The Writer's
Guide to Everyday Life from Prohibition Through World War II (Writer's Guides to Everyday Life)
The Composition of Everyday Life, Concise (The Composition of Everyday Life Series) The 15
Minute Focus: SPORTS VISION: Exercises For Improving Peripheral Vision, Hand-Eye
Coordination, and Tracking Ability (The 15 Minute Fix Book 14)

[Dmca](#)