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In The Art of Mindfulness, one of the most revered Buddhist teachers in the world, Thich Nhat Hanh delivers a life changing practice to overcome our overdriven mind, to let go of preoccupations and multitasking and focus solely on the task at hand. By devoting 100% of our attention 100% of the time on what we are doing in the moment, we can alleviate suffering, fear, and anxiety.

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In The Art of Mindfulness, one of the most revered Buddhist teachers in the world, Thich Nhat Hanh delivers a life changing practice to overcome our overdriven mind, to let go of preoccupations and multitasking and focus solely on the

~~The Art of Mindfulness by Thich Nhat Hanh~~

This book is about mindfulness and using drawing as a tool to practice the art of mindfulness. There are lots of exercises to try and would be a great book to take along on a relaxing holiday where you may be more inclined to practice mindfulness and be in the right frame of mind to practice your drawing with mindful awareness.

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The art section is more of a case study that shows how one of the authors applied mindfulness in her own life. She explains the difference it made and the growth she experienced. Finally, the practice section gives us The subtitle of this book is an excellent description of how this book approaches the subject of mindfulness.

~~Fully Present: The Science, Art, and Practice of Mindfulness~~

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Mindful celebrates mindfulness, awareness, and compassion in all aspects of life through Mindful magazine, Mindful.org, events, and collaborations.

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