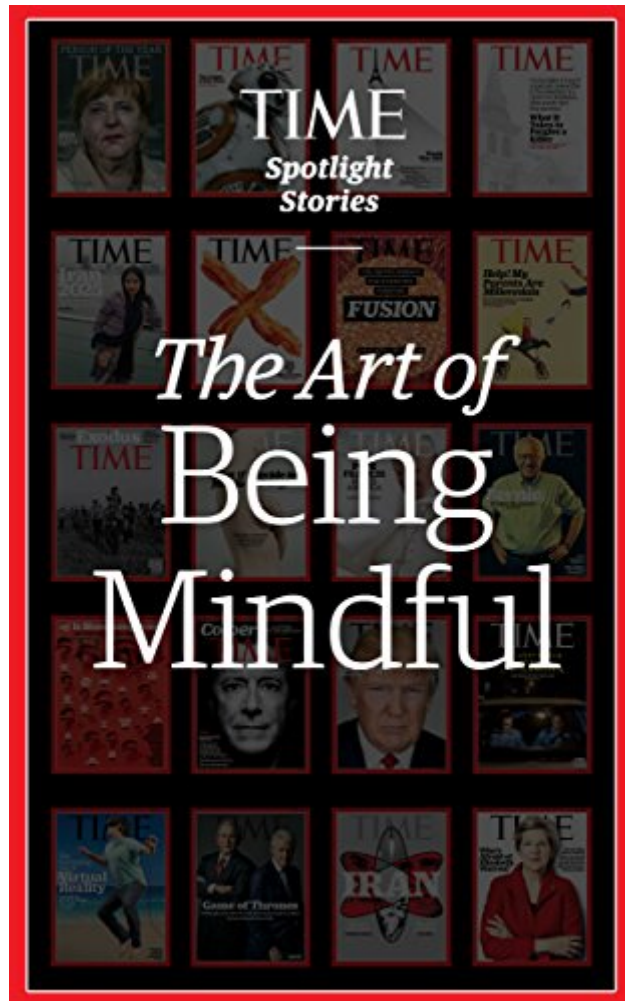




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The Art Of Being Mindful



Synopsis

Technology has made it easier than ever to fracture attention into smaller and smaller bits. We answer a colleague's questions from the stands at a child's soccer game; we pay the bills while watching TV; we order groceries while stuck in traffic. In a time when no one seems to have enough time, our devices allow us to be many places at once--but at the cost of being unable to fully inhabit the place where we actually want to be. Mindfulness says we can do better. This TIME Spotlight Story explores The Art of Mindfulness.

Book Information

File Size: 2988 KB

Print Length: 19 pages

Publisher: Time Inc. (December 23, 2015)

Publication Date: December 23, 2015

Language: English

ASIN: B019RDPJW4

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,598 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #4 in Kindle Store > Kindle Short Reads > 30 minutes (12-21 pages) > Literature & Fiction #6 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology #10 in Books > Medical Books > Psychology > General

Customer Reviews

Length: Print, 19 pages; Audible, not available as an audiobook. Kindle Sales Rank when this review was posted: 592. I'm going to be straight with you. If this article had not been available as a Kindle Unlimited title, I probably never would have looked at it, let alone read it. No, 99 cents is not a large chunk of money, but 19 pages is ever so little. How could such a sparse amount of information ever justify parting with a buck? Well, I have some news to share. (Just a second Don, I'm typing a review). (Oh, sure Helen, I'll be right with you). (Why thank you, black and sweet is how I take my coffee. Thanks for asking). Oh, where was I before those interruptions.... I hope that demonstrates just how annoying multi-tasking can be and how much it is a part of our daily lives and, more to the

point, how it detracts from the very essence of living a full life. As a reviewer I have found myself most productive and most thorough (at least in my view) when I have shut out all disturbances and voraciously read books of interest and then jumped into review mode. Further, during such times I have found my retention of what I had read has increased noticeably. So, even though I felt, initially, that this was a ludicrous topic, I was wrong. It is quite useful and actually does increase my self awareness and, I trust, will help me remember to take time to REALLY smell the roses as I proceed with my daily tasks. The philosophical point is key to understanding why it is that so many people with whom I interact in my profession in Health & Safety fail to take away the key points of my presentations and should help me cut through that impediment with them.

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