

*'This little gem of a book gives you a wealth of simple strategies to easily bring mindfulness into everyday life.'*

RUSS HARRIS, AUTHOR, *THE HAPPINESS TRAP*

Second Edition

# mindfulness

for  
busy people



turning  
**FRANTIC AND FRAZZLED**  
into  
calm and composed

Michael Sinclair, Josie Seydel  
and Emily Shaw

# Praise for *Mindfulness for Busy People*

‘Mindfulness can be elusive ... The “I’m too busy” thoughts show up and get in the way. The trick is to bring brief respites of mindfulness into a multitude of simple tasks we do each day. In this second edition of their wonderful book the authors have added, updated and upgraded ideas for bringing the power of mindfulness into our busy worlds. Get it and reap the benefits of simple mindfulness.’

Kevin Polk, PhD, Psychologist and ProSocial Matrix Trainer

‘The great thing is, we can all be a lot more mindful, even if we’re way too busy to meditate. This little gem of a book gives you a wealth of simple strategies to easily bring mindfulness into everyday life, thereby making it a lot more satisfying and lot less stressful.’

Russ Harris, author, *The Happiness Trap*

‘Mindfulness has probably become more popular in concept than in practice these days. So many of us could benefit from training our attention and our self-compassion, if we could just find practical ways to integrate mindfulness into our daily lives and busy schedules. These authors provide the practical tools that you need to actually put mindfulness into practice, and to benefit from transforming your mind, without having to pack up to live in the mountains. This book is fun, usable, and helpful.’

Dennis Tirch, author, *The Compassionate Mind Guide to Overcoming Anxiety*

‘Accessible, actionable, insightful and user-friendly. This book will help even the busiest of people find more contentment, joy, calm and connection especially on the busiest of days.’

Aisling Leonard-Curtin, Chartered Psychologist; Co-director, ACT Now Purposeful Living; author, *The Power of Small*

‘Fun, engaging and practical – this book is elegantly written by experts to help you learn the skills of mindfulness – and to apply them to this busy, stressful, modern world we live in’

Joe Oliver, Director of Contextual Consulting; co-author, *ACTivate Your Life*

# Mindfulness for Busy People

## Table of Contents

Front Cover

Title Page

Copyright Page

Contents

About the authors

Acknowledgements

Introduction

Part 1 Mindfulness and me

1 How can mindfulness change your life?

2 Understanding how to be mindful

3 Chasing a stress-free existence

Part 2 The mind, stress and mindfulness

4 There is no time to waste

5 To be or not to be busy?

6 Busy doing nothing (at all helpful, anyway!)

Part 3 Uncovering our emotions

7 The painful truth

8 Falling gracefully

9 Letting the good times roll

# **Table of Contents**

## Part 4 Taking care of me

10 Cultivating self-compassion

11 Mindful self-care

## Part 5 Mindfulness and moving forward

12 Living a meaningful life

13 Mindfulness in the real world

## Recommended reading

Further useful contacts, resources and support

Index

Back Cover