



Mindfulness: In the Maelstrom of Life

Edel Maex

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Mindfulness finds its origins in Buddhist meditation techniques. Instead of trying to achieve goals that lie far ahead in the future, mindfulness teaches you to be present in the moment, with a compassionate and open mind. This book, consisting of short and airy texts, follows the eight weeks of the traditional stress reduction programme as it was developed by dr. Jon Kabat-Zinn, the founder of the mindfulness movement. Based on his many years of experience as a psychiatrist, Edel Maex has written a clear, concise and heartfelt guide to mindfulness, that will help you to deal differently with the unavoidable agitations of life. With a preface by Jon Kabat-Zinn.

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