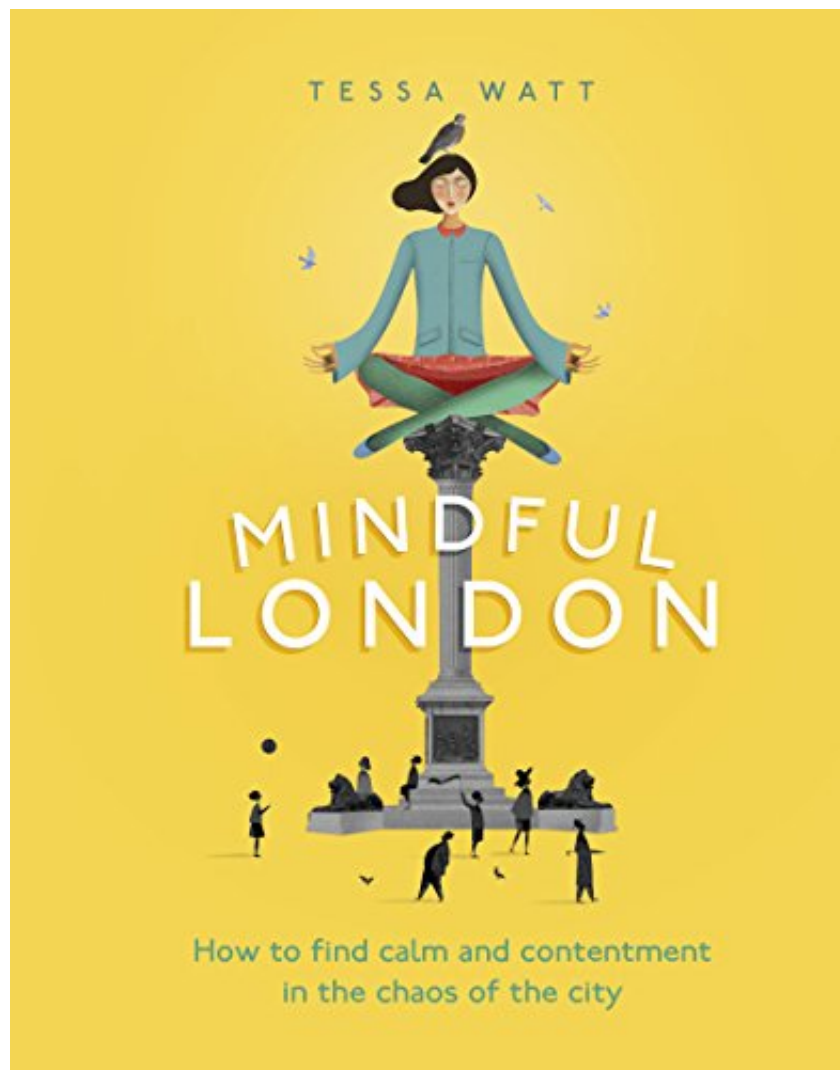


Mindful London: How to Find Calm and Contentment in the Chaos of the City

by

Merlin Coverley



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Synopsis

Mindful London invites you to slow down, wake up and be present to the everyday in a more meaningful way, in one of the world's greatest cities. For Londoners and visitors looking to enhance their experience of the city, and for those curious about mindfulness, this is your essential guide. Features quiet and peaceful places to retreat to in the middle of the chaos, from the silence and sanctuary of libraries, museums and churches to the rejuvenating influence of nature found in London's myriad green spaces and waterways. Includes suggestions for things to do that will help you de-stress and re-energise, from yoga and tai chi to wild swimming and other more restorative forms of exercise, to mindful ways to appreciate London's architecture, art and music, as well as the city's more informal sights and sounds. However, mindfulness is really all about being more present, awake and aware in all elements of our daily lives. At the core of this book you will find simple mindfulness exercises, reflections and reminders that are easy to incorporate into your busy day: on the Tube, bus or walking to work, while eating a quick lunch, working out at the gym, waiting in a queue or at the red light. Mindful London is the secret to living a more balanced life in the big city. Features:– The best green spaces, waterways and wildlife, and the importance of nature to mindful city living– How to take a fresh look at art and notice the city's everyday architectural details– Exercises for mindful commuting, whether you are on the bus, the train or walking to work– Peaceful interiors, hideaways and sanctuaries– Mindful listening, from music to the sounds of the city– Yoga, tai chi, mindful running, wild swimming and other forms of mindful movement– Practical mindfulness techniques to try throughout and a guide to mindfulness and meditation centres, groups, events and courses

What people say about this book

Elizabeth Howe, "A "mindful" read - Enjoyed this book thoroughly. I usually don't mark up books but there were quite a few paragraphs that really hit home for me and I've highlighted to refer back to. An easy read - as it should be considering the main topic; it's a "mindful" read. I absolutely Love London and the author provided a few new sites for me to explore and to experience. I'm a freelance photographer and pay particular attention to details, as a result I spend a lot of time seeing things through a camera lens. This book has encouraged me to observe slowly, put the camera down every now and then and experience what I am seeing - use my senses. It's a keeper! Thank you, Tessa!"

Pauline Wiles, "Delightful combination of city & serenity. Delightful combination of travel tips and mindfulness encouragement. Well organized, nicely written. I wish I'd had this book when I lived in London: it offers a whole new way of experiencing the city and connecting with its vibrant offerings while retaining a sense of serenity. This format would work well for other locations too."

Female Entrepreneur, "Calm in the City - An Alternative London Guide. This a lovely book. Cities are fantastic places, but it can be hard with their constant buzz to remain mindful in them. So this is a great read on how to stay mindful, slow down and find the peaceful places in London that can help you do that."

Nicola, "GREAT. Loving book giving advice on how to be mindful in London. I do not live in London but the techniques can be applied to any city or town and even the countryside. Learn how to be mindful of architecture, sounds, eating, movement etc. I am pleased with my purchase and would buy again."

Daisy, "Five Stars. Perfect"

Ebook Tops Reader, "Five Stars. Lovely book and really quick delivery"

Frank Watt, "Wonderful book! Proof there's something in heredity. Wonderful book! (Proof there's something in heredity.) Can't wait for a sequel called Mindful Toronto."

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