## Mindfulness

## a practical guide to FINDING PEACE IN A FRANTIC WORLD



## and DANNY PENMAN

'A deeply compassionate guide to self-care – simple and profound' **SIR KENNETH BRANAGH** 

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## CONTENTS

	Acknowledgements	ix
	Foreword by Jon Kabat-Zinn	xi
1.	Chasing Your Tail	1
2.	Why Do We Attack Ourselves?	15
3.	Waking Up To the Life You Have	32
4.	Introducing the Eight-week Mindfulness Programme	56
5.	Mindfulness Week One: Waking Up to the Autopilot	67
6.	Mindfulness Week Two: Keeping the Body in Mind	91
7.	Mindfulness Week Three: The Mouse in the Maze	111
8.	Mindfulness Week Four: Moving Beyond the Rumour Mill	134
9.	Mindfulness Week Five: Turning Towards Difficulties	159
10.	Mindfulness Week Six: Trapped in the Past or Living in the Present?	183

11.	Mindfulness Week Seven: When Did You Stop Dancing?	209
12.	Mindfulness Week Eight: Your Wild and Precious Life	236
	Notes	250
	Resources	261
	Index	266