



Light Mind: How Mindfulness can Enhance your Daily Life

Padraig O'Morain

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Mindfulness involves deliberate awareness of the flow of our present moment experiences. In this book, counsellor and writer Padraig O'Morain provides exercises that will help you practise mindfulness immediately and explains how mindfulness can deepen many areas of your life, including your relationships. If you have never practised mindfulness, this book will show you how to start. If you already practise mindfulness, this book will deepen and broaden your approach. Light Mind includes a guide for the use of mindfulness in counselling, drawing on O'Morain mindfulness workshops for counsellors. It also includes a chapter on mindfulness in sports, an area in which the value of mindfulness has been recognised for some decades, especially in tennis and golf.

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