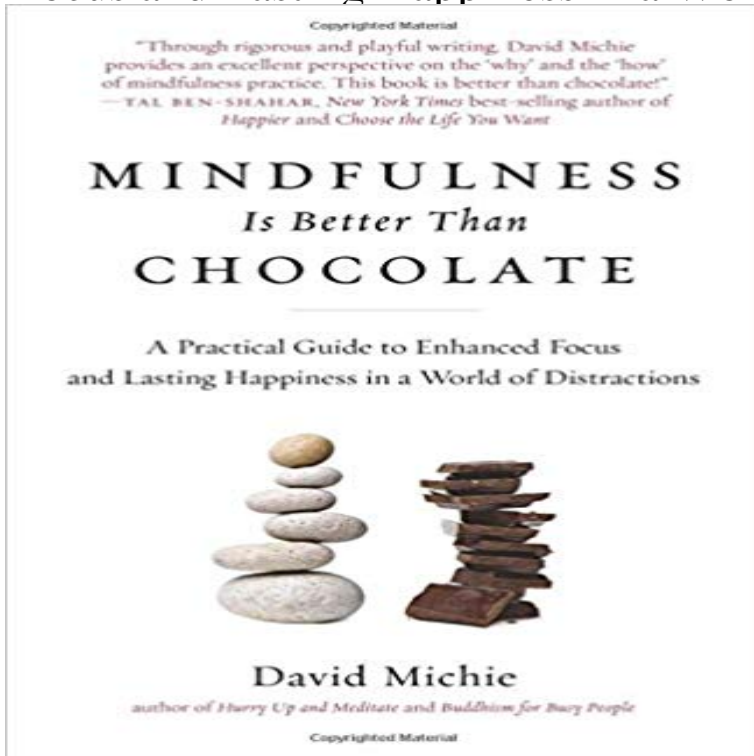


Mindfulness Is Better Than Chocolate: A Practical Guide to Enhanced Focus and Lasting Happiness in a World of Distractions



This book is better than chocolate! Tal Ben-Shahar, New York Times best-selling author of *Happier* and *Choose the Life You Want* Distractions are everywhere these days. Our thoughts drift to what we need to do tomorrow, or what went wrong yesterday. Even pleasurable things like eating chocolate don't receive our full attention. We miss out on joy that is easily within reach! In *Mindfulness Is Better Than Chocolate*, David Michie gives us the tools to rewire our brains for happiness. Mindfulness is paying attention to the present moment, deliberately and nonjudgmentally and science has shown that those who practice it experience a wealth of benefits: Reduced stress, Stronger immune systems, More ease in breaking bad habits, Improved self-esteem, Enhanced mental clarity, Sharper memory, Overall well-being... and better-tasting chocolate! As Michie explains, the way we see the world is our own creation. Drawing on both Buddhist teachings and contemporary science, he teaches us how to experience a mind free of stress and dullness. By harnessing the power of mindfulness and meditation, we can find everything we need to be fulfilled, productive, and content!

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