



Mindful: A Self-Coaching Guide and Toolkit (Positive Psychology and The Keys to Happiness)

Laura Delizonna PhD., Ted Anstedt CEO

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Can you remain calm, confident, and centered no matter what challenges you face? Mindfulness enables optimal functioning. It is especially relevant in our fast-paced society that places increased demands on our attention, energy, and productivity. Mindfulness is important for navigating busy lives in a world in need of solutions to help us reconnect to ourselves, to our purpose, and to others. Mindfulness is a state of optimal functioning--characterized by clarity, presence, and adaptability. We all have the natural ability to live in this state but few do. It takes practice. The step-by-step program outlined in this guide and toolkit equips you with the tools to develop mindfulness and apply these practices in work, relationships, and the rest of your life. These practical techniques are based on a modern view of mindfulness, including practices with and without meditation. They are developed from decades of research on mindfulness at Harvard University, positive psychology, management studies, sports psychology, and neuroscience. This book provides simple, straightforward tools for learning the most essential practices of mindfulness. You will learn to:

- Focus.
- Improve clarity and concentration.
- Step out of conditioned behaviors, unconscious biases, and reactivity.
- Challenge limiting mindsets and enhance creativity.
- Improve resilience and the ability to bounce back from setbacks.
- Feel more connected to others.

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