



The Mindful Manifesto: How Doing Less And Noticing More Can Help Us Thrive In A Stressed Out World

Jonny Heaversedge , Ed Halliwell

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Author : Jonty Heaversedge , Ed Halliwell

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Marva says

I love this book. It's now one of my bibles.

I'm almost finished this book for the 2nd time. I was at first skeptical but am now a complete fan. The writing is based on the work of Jon Kabat-Zinn, who, according to many sources (lots of great vids on Youtube), is the key person behind the movement that has brought mindfulness meditation practice into the medical mainstream. I like the authors' direct, clear unassuming storytelling, and the empowering manner of presentation of the ideas and practice. The authors also have an audio version available. I am now meditating daily as a result of reading this book. Worthwhile reading

Mandy says

I really enjoyed this book. I have often thought that meditation is not for me, because my mind teems with thoughts. I have tried to empty my mind, and have failed after the tiniest part of a second. But what I was trying to do was impossible and this book clearly explained another route. So, now I know that the mind makes thoughts - that is just what it does. Some are pleasant, some are unpleasant, but all are passing unless we give them our attention.

I feel quite liberated by that way of presenting things, and have been meditating on my breath, and also trying to be more present as I do my chores and work - and I can see the difference as I feel less stressed and more light hearted.

The book was also very, very interesting as it explained the medical trials that have been held into many various health issues that mindfulness has been proved to help with. Mindfulness seems to change the way that the brain works - which is fascinating. Mindfulness is supposed to improve the immune system, memory and happiness levels, with no down side.

I'm sold.

Bernard O'Leary says

Kind of an extended sales brochure, which is a shame because I'd be interested in something more in-depth by these authors

Kathelijne says

best mindfulness book I read up to now

David Allsopp says

A good summary of the practice as well as the science with lots of research included. Well worth reading if you want to understand mindfulness

Steve Garvin says

I enjoyed the book. It was an easy read and helped me to improve my mindfulness practice.

Rob Adey says

Some useful information about what seems like a useful thing to do. But quite blandly written, and the scientific basis is a little undermined by footnotes that turn out to refer to, say, a *Guardian* article about Susan Greenfield's assertions.

Emma Lloyd says

In an ever faster-moving world, moving beyond the demands imposed by increasing workloads, omnipresent technology and time-starved relationships and taking time to just 'be' can seem impossible, but the antidote to these problems – and more – is in *The Mindful Manifesto*. In this new and updated edition, the authors distil the essence of mindfulness meditation with compassion and skill, demonstrating its roots in ancient teachings and reinforcing this with reputable scientific research. Buddhist philosophy is explored without proselytising and is reframed in a psychological context: questioning, rather than passive acceptance is always invited.

Engagement with mindfulness is encouraged through practical exercises, and their benefits explored through case studies and the personal experiences of the authors themselves as we learn to contemplate a more present, compassionate way of living. Understanding the difference between thoughts and facts facilitates a reconnecting of mind and body and acceptance of our selves, giving us the tools to feel more in control of our lives and learn to manage chronic conditions like depression, anxiety, addiction and pain with greater insight. Modern holistic treatments endorse caring for the mind in conjunction with the body and the book emphasises the value of mindfulness in treating physical conditions – as always backed up by research data.

The big question, though, is does it work? Having read and worked through the first edition of *The Mindful Manifesto*, I realised I was feeling calmer and more awake to my daily life. Practising mindfulness seems to relieve the pressures of modern life – juggling emails and Facebook and text messages becomes less important, and rejecting the dastardly twin cults of perfection and speed an easier task. And despite the book's eagerness to present mindfulness as 'mental technology', unencumbered by new age or hippy associations, I've been surprised to discover that mindfulness, whilst presented as a practical, functional activity, has quietly nurtured in me a lighter, more spiritual way of being.

