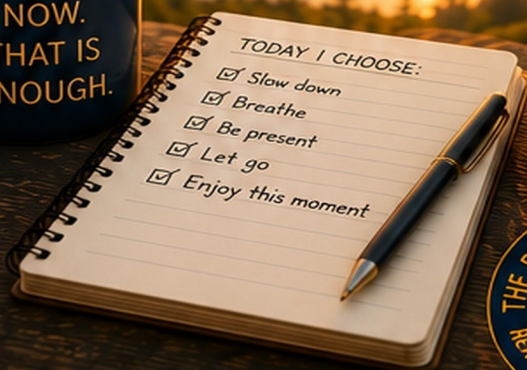


THE BETTER LIFE SERIES

PRACTICAL PSYCHOLOGY FOR REAL LIFE

MINDFUL LIVING

Reduce Stress, Increase Awareness
and Find Peace in
the Present Moment



ALDEN M. CORVALE

The Better Life Series

Practical Psychology for Real Life

MINDFUL LIVING

*Reduce Stress, Increase Awareness and Find Peace in the
Present Moment*

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This book is for educational and informational purposes. It does not replace individualized medical or mental-health care.

Mindfulness is not required to feel calm, and some practices can feel uncomfortable. If a practice increases distress, stop, ground externally, and choose an approach that supports stability.

Introduction

Most people do not need more hours in the day. They need to inhabit more of the hours they already have. Modern life makes that difficult. Attention is pulled toward messages, deadlines, news, unfinished tasks, future plans, and the endless invitation to check one more thing.

Mindful living is a practical response to that fragmentation. It is the skill of noticing where you are, what you are doing, and what is happening inside you - without requiring the moment to be different before you can meet it clearly.

This book is designed for ordinary life. You do not need special beliefs, perfect silence, or long meditation sessions. You need short moments of deliberate attention, repeated often enough that presence becomes easier to access when it matters.

Start here: You do not need to read this book mindfully. Read normally. Stop when one idea is useful enough to practice.

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