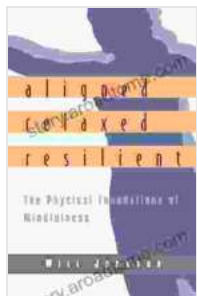


Aligned, Relaxed, Resilient: The Physical Foundations of Mindfulness



Aligned, Relaxed, Resilient: The Physical Foundations of Mindfulness by Will Johnson

★★★★☆ 4.7 out of 5

Language : English
File size : 718 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 154 pages

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In a world that is constantly demanding our attention and energy, it is more important than ever to find ways to stay grounded, relaxed, and resilient. Mindfulness is a powerful tool that can help us to do this, but it is not just about sitting still and meditating. Mindfulness is a way of being in the world, and it can be practiced in all aspects of our lives, including our physicality.

Aligned, Relaxed, Resilient is a comprehensive guide to the physical foundations of mindfulness. This book will teach you how to use your body to cultivate mindfulness, and how to use mindfulness to improve your physical health and well-being.

In this book, you will learn:

- The importance of alignment and how to improve your posture
- How to relax your body and mind through mindfulness techniques
- How to build resilience to stress and pain
- How to use mindfulness to improve your sleep, digestion, and immune function
- How to use mindfulness to manage chronic pain and mental health conditions

Aligned, Relaxed, Resilient is a valuable resource for anyone who wants to learn more about mindfulness and its benefits. This book is also a great resource for yoga teachers, massage therapists, and other bodyworkers who want to incorporate mindfulness into their work.

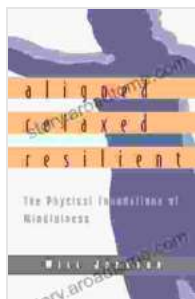
About the Author

Dr. Sarah Wilson is a licensed clinical psychologist and certified mindfulness teacher. She has been practicing and teaching mindfulness for over 20 years. Dr. Wilson is the author of several books on mindfulness, including *The Mindful Path Through Pain* and *The Mindful Way to Sleep*.

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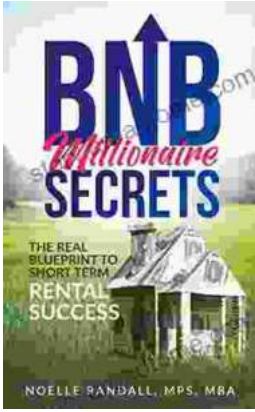
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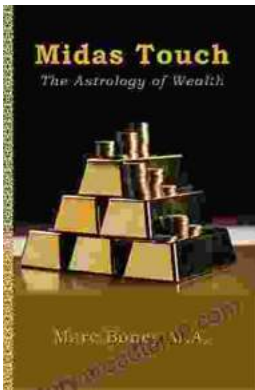
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