



The Here-and-Now Habit: How Mindfulness Can Help You Break Unhealthy Habits Once and for All (Paperback)

By Hugh G. Byrne

New Harbinger Publications, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book. Have you found yourself doing something and thinking, Why do I keep doing this? We all have an unhealthy habit -or two, or three. Yours may be as simple as wasting time on the Internet, constantly checking your e-mail, or spending too much time in front of the TV. Or, it may be more serious, like habitual drinking, emotional overeating, constant self-criticism, or chronic worrying. Whatever your harmful habit is-you have the power to break it.The Here-and-Now-Habit provides proven-effective techniques to help you stop existing on autopilot and start living in the here and now. You ll learn how to cultivate mindfulness to calm and focus your mind, be aware of thoughts without identifying with them or believing they are true, deal with difficult emotions, and clarify your own intentions regarding unhealthy habits by asking yourself, What do I want? How important is it to me to make this change?By learning to pay attention to your thoughts and actions in the moment, you ll discover how to let go of old patterns and create healthier habits and ways of living that will make you feel...



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Reviews

This published publication is wonderful. Of course, it is actually engage in, still an interesting and amazing literature. It is extremely difficult to leave it before concluding, once you begin to read the book.

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