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Get Some Headspace: How Mindfulness Can Change Your Life in Ten Minutes a Day

Andy Puddicombe

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As a former Buddhist monk with over 10 years of teaching experience, Andy Puddicombe has been acknowledged as the UK's foremost mindfulness meditation expert. Like his readers and students, he began his own meditation practice as a normal, busy person with everyday concerns, and he has since designed a program of mindfulness and guided meditation that fits neatly into a jam-packed daily routine-proving that just 10 minutes a day can make a world of difference. Simple exercises, stories and techniques culled from Andy's years of experience will help anyone calm the chatter in their minds. The result? More headspace, less stress.

Get Some Headspace also brings us the extraordinary science behind this seemingly simple cure-all. This book and practice will help readers positively impact every area of their physical and mental health through mindfulness, from productivity and focus, to stress and anxiety relief, sleep, weight-loss, personal relationships...and the list goes on and on.

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