

Mindfulness practice can help you reduce stress, improve performance, manage pain and increase well being. These are the reasons why elite athletes, performing artists and business leaders are taking up the practice, and why it is being introduced into the worlds most successful companies, banks, business schools?even the US Army.David Michie introduces mindfulness practice and offers innovative solutions to common obstacles. Drawing on ancient Buddhist teachings and contemporary science, he also takes us beyond mindfulness lite, offering lucid instructions on how to experience the pristine nature of ones own consciousness directly?an encounter that is truly life-changing.Written with warmth and good humor, Mindfulness Is Better Than Chocolate is the ultimate guide to self-discovery. It will make chocolate taste better too!David Michie demonstrates a fine knack for capturing the essence of this important topic and presenting it in a fun and accessible way. ?Dr. Timothy Sharp, The Happiness Institute

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