

# THE MINDFUL TWENTY-SOMETHING

life skills to handle stress ...  
& everything else

BASED ON THE POPULAR KORU MINDFULNESS PROGRAM

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## The Mindful Twenty-Something: Life Skills to Handle Stress and Everything Else



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“re faced with important decisions about school, human relationships, sex, your career, and even more.” and in treatment centers across the nation, is the only evidence-based mindfulness training curriculum for young adults that is empirically proven to have got significant benefits for rest, perceived stress, and self-compassion. Emerging adulthood, which occurs between the age groups of 18 and 29, is a developmental stage of existence when you’ With the daily tumult, busyness, and major life changes you experience as a adult, you may even be particularly vulnerable to stress and its unwanted effects. As a twenty-something, you might feel just like you are being pulled in dozen different directions. A 21st century publication, grounded in ancient ways of practice. With so much going on, you will need a guide to help you navigate with less stress and more ease. including Harvard, Yale, Princeton, MIT, Dartmouth, and several others The Koru Mindfulness system, created at Duke University and already used on numerous college campuses Sharon Salzberg, writer of Lovingkindness and Real Happiness In The Mindful Twenty-Something, the cofounder of the extremely popular Koru Mindfulness plan developed at Duke University presents a unique, evidence-based strategy to help you make important life decisions with clearness and confidence. Today, with The Mindful Twenty-Something, this popular plan is accessible to all young adults struggling with stress. With Koru Mindfulness and the useful tools you’ll study from this acceptance-based, proven-effective strategy, you’ll be able to cultivate the compassion and mindfulness skills you should manage life’s challenges from a calm, balanced middle, regardless of what comes your way.



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As expected Great book came as expected Figure out how to be Mindful The right intro skills to meditation. I believe it would get dropped in the blast of other books such as this minus the app. It strikes a nice balance between being useful (well, how exactly perform you meditate and all that?) and touching on a few of the deeper underlying attitudes of the practice -- non-judgmentality, integrity, kindness, self-compassion, authenticity, wisdom, personal inquiry, and what mindfulness can open up you up to in relationships and generally in working with others. Holly is an extremely straight-forward writer, very matter-of-fact (more Salzberg than Kabat-Zinn, if which means anything for you). She is also very available to sharing her personal tale and that of her college students, making the book extremely relatable and inspiring. The little sidebars on the scientific background of some of the claims are a nice added boon. My college students raved about this book. The program has such a confident impact on university campuses, something twenty somethings need now, more than ever! The writer of the reserve, Dr. The book was written for "emerging adults" but as a Baby Boomer, I loved it, too! This book accompanies the Koru course - the students browse the book through the entire class. All of my college students who required the class raved concerning this book. They stated that it had been easy and fun to learn and that it motivated them to meditate! They also reported that it helped them to even more grasp mindfulness and it promoted their state of mindfulness. Holly Rogers, co-founded the Center for Koru Mindfulness, which trains people to instruct Koru mindfulness. I believe it's not simply for 20 somethings but anyone of any age could be influenced by this book. It's a gem in the mindfulness literature. Actually great book for anybody age 18-20's Actually great book for anyone age 18-20's. I would suggest this reserve to anyone who's stressed out with getting their purpose in life or anyone with anxiety/despair.. I am so grateful! I really enjoyed both the class and the book I used this reserve within a class I took within my university. I really enjoyed both class and the book. I'm planning on bringing some of what I learned to my future staff members and also intend to share the book with a pal. Great choice! Great Introduction to Mindfulness As anyone who has been both personally and professionally interested in meditation for several years, I've go through many meditation books, and "The Mindful Twenty-Something" could very well be the best, most straight-forward, accessible book for newcomers. Used this when I had taken the Koru Training and will be a part of my traing for college students. It can be examine as a 4-week training curriculum in meditation and other mindfulness practices for young people just setting out, but it can also be read as a broader guide to how live life more mindfully. Good stuff This is a good little book with plenty of guidelines, lessons, and thoughts. Even though I'm a Sixty-Something who offers been mediating quite a long time, it was a pleasure to read, and I'm sure that readers youthful than me will gain even more advantage from it. Actually, I plan to give it to my 20-something son and his wife. What is really beneficial was the written text on getting mindful in each minute of life. Utilize it with the app to get the very best out of it. Bought this mainly because recommended simply by my mindfulness instructor Bought this as recommended simply by my mindfulness instructor. Delighted thus far but haven't completed it yet as it is being found in conjunction with course instruction, thus 4 stars.Great guide to mindful living I've a potential conflict of curiosity here, being truly a Koru teacher in schooling, but I found this an excellent manual/guideline for a beginning mindfulness practice. Love the way that is written Love the way that is written, as though talking directly to the college student in a vocabulary they can relate with. I discovered to become more present and my thought processes also changed because of this. I brought this book to sent it to my pal abroad because I believed she can reap the benefits of it as well. I will gift it to my twenty-something year old boy. ? ? I was able to go to my quiet place and . This reserve is an extremely easy read with a whole lot of great rates to contemplate and to use going forward in life.. I actually was able to go to my calm place and lovingly connect to my passed lover of 43 years. I discover myself going back and back to re-read chapters when I need a refresher. An essential tool to help start adult existence in the "right" way The author speaks to the reader with experience from her students in The Koru program. I simply finished

teaching a Koru course to twenty-something year old college students.



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