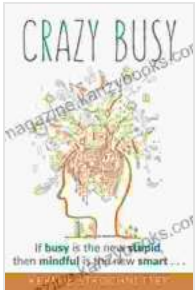


If Busy Is the New Stupid, Then Mindful Is the New Smart



Crazy Busy: If busy is the new stupid, then mindful is the new smart... by Kerene Strochnetter

★★★★★ 5 out of 5

Language	: English
File size	: 2906 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 260 pages
Lending	: Enabled



In a world that's increasingly fast-paced and demanding, it's easy to get caught up in the hustle and bustle and lose sight of what's truly important. We're constantly bombarded with information, tasks, and obligations, and it can feel like there's never enough time to get everything done.

But what if we're going about it all wrong? What if, instead of trying to do more, we should be ng less? What if, instead of constantly striving to be busy, we should be striving to be mindful?

Mindfulness is the practice of paying attention to the present moment without judgment. It's about being aware of our thoughts, feelings, and bodily sensations without getting caught up in them. Mindfulness has been

shown to have a number of benefits, including reducing stress, improving focus, and increasing productivity.

In her book, *If Busy Is the New Stupid, Then Mindful Is the New Smart*, mindfulness expert Dr. Gina Biegel argues that mindfulness is the key to success in today's world. She says that when we're mindful, we're able to make better decisions, manage our time more effectively, and cope with stress more effectively. We're also more likely to be happy and fulfilled.

Biegel offers a number of practical tips for incorporating mindfulness into our daily lives. She suggests starting with small, manageable steps, such as taking a few minutes each day to meditate or practice mindful breathing. She also encourages us to be mindful in our interactions with others, and to take time to savor the present moment.

If you're feeling overwhelmed by the demands of modern life, *If Busy Is the New Stupid, Then Mindful Is the New Smart* is a must-read. Biegel's book will help you to slow down, focus on what's important, and live a more mindful life.

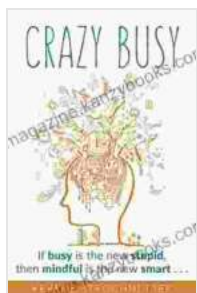
Benefits of Mindfulness

- Reduced stress
- Improved focus
- Increased productivity
- Improved decision-making
- Enhanced creativity
- Increased happiness and fulfillment

How to Practice Mindfulness

- Take a few minutes each day to meditate.
- Practice mindful breathing.
- Be mindful in your interactions with others.
- Take time to savor the present moment.
- Read books about mindfulness.
- Attend mindfulness workshops or retreats.

Mindfulness is a powerful tool that can help us to live happier, healthier, and more productive lives. If you're not already practicing mindfulness, I encourage you to give it a try. You may be surprised at how much it can benefit you.



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