



# Mindfulness: An Eight-Week Plan for Finding Peace in a Frantic World

*Mark Williams, Danny Penman*

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**Mindfulness: An Eight-Week Plan for Finding Peace in a Frantic World** Mark Williams, Danny Penman  
THE LIFE-CHANGING INTERNATIONAL BESTSELLER.

MINDFULNESS reveals a set of simple yet powerful practices that you can incorporate into daily life to help break the cycle of anxiety, stress, unhappiness, and exhaustion. It promotes the kind of happiness and peace that gets into your bones. It seeps into everything you do and helps you meet the worst that life throws at you with new courage.

The book is based on Mindfulness-Based Cognitive Therapy (MBCT). MBCT revolves around a straightforward form of mindfulness meditation which takes just a few minutes a day for the full benefits to be revealed. MBCT has been clinically proven to be at least as effective as drugs for depression and is widely recommended by US physicians and the UK's National Institute for Health and Clinical Excellence - in other words, it works. More importantly it also works for people who are not depressed but who are struggling to keep up with the constant demands of the modern world.

MBCT was developed by the book's author, Oxford professor Mark Williams, and his colleagues at the Universities of Cambridge and Toronto. By investing just 10 to 20 minutes each day, you can learn the simple mindfulness meditations at the heart of MBCT and fully reap their benefits. The book includes links to audio meditations to help guide you through the process. You'll be surprised by how quickly these techniques will have you enjoying life again.

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