



# Mindfulness on the Go (Shambhala Pocket Classic): Simple Meditation Practices You Can Do Anywhere

By Jan Chozen Bays

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**A pocket-sized collection of mindfulness practices anyone can do anytime--from the author of *Mindful Eating*.**

Mindfulness can reduce stress, improve physical health and quality of life, and give you deep insight. Meditation practice is one way to do it, but not the only way. In fact, there are easy ways to fit it into your everyday life. Jan Chozen Bays provides here 25 practices that can be used on the go to cultivate mindfulness. The three-breath practice, the mindfulness of entering rooms, offering compliments, tasting your food one careful bite at a time--these deceptively simple practices can have a cumulative effect for the better. The book is an abridgment of Bays's longer collection *How to Train a Wild Elephant: And Other Adventures in Mindfulness*.

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### Editorial Review

#### Review

Praise for Bays's *How to Train a Wild Elephant*:

"Among the current spate of books on mindfulness, Bays's distinguishes itself with 53 simple practices tested through 20 years at the Great Vow Monastery in Oregon. [She] brings gentle compassion to the task of integrating mindfulness into a busy life."—*Publishers Weekly*

"This is the kind of book you can open to any page, anytime, and read something that just might stop your mind in its tracks."—*Nexus*

"In a brilliant, practical, and elegant way, Bays has answered the question most frequently asked by students of meditation: 'How do I bring this practice into my daily life?' Here is a jewel box of insightful, wise, beautiful, and compassionate ways to do so."—Jack Kornfield, author of *A Path with Heart*

"With simple exercises designed to bring mindfulness into daily life and with gentle ways to remind ourselves to practice, the author leads practitioners to the discoveries and deeper lessons that each exercise can reveal. With [Jan Chozen Bays's] help, mindfulness practice becomes a powerful yet delightful gateway to the inner peace that is within reach of us all."—*Spirituality & Health*

#### About the Author

JAN CHOZEN BAYS, MD, is a Zen master in the White Plum lineage of the late master Taizan Maezumi Roshi. She serves as a priest and teacher at the Jizo Mountain-Great Vow Zen Monastery in Clatskanie, Oregon. She is also a pediatrician who specializes in the evaluation of children for abuse and neglect.

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