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Lesson One
Playing Attention
Training the muscle of your mind



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Lesson Two
Taming the Animal Mind
Cultivating curiosity and kindness



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Lesson Three
Recognising Worry
Noticing how your mind plays tricks on you



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Lesson Four
Being Here Now
From reacting to responding



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Lesson Five
Moving Mindfully



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Lesson Six
Stepping Back
Watching the thought-traffic of your mind



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Lesson Seven
Befriending the Difficult



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Lesson Eight
Taking In The Good
Being present with your heart



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Lesson Nine
Pulling it all together

