

# Mindful Timeful Kindful: An Introduction to Practical Mindfulness



This book is an introduction to mindfulness and to mindfulness meditation. In addition to exploring the benefits to our health and well-being, as a practical ex-BBC TV engineer, the author explains how we can use the practice of mindfulness meditation to get real-world results. Just imagine, then, that by meditating for just 10 minutes every day, you could not just improve your health but increase your wealth, too. Just imagine if you could generate more time and give both your creativity and productivity a boost. Just imagine being luckier in life and in luck. Mindful Timeful Kindful is an intentionally short and inexpensive book in a new series that will show you how to do this and more. It shows how by being mindful, we generate more time and therefore become time-full. When we have more time on our hands, this opens the doors to us being kind-full. Its premise is simple; its practice needs just 10 minutes a day of me time. Its results will change your world and, quite possibly, the world as a result.

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