



# Life with Full Attention: A Practical Course in Mindfulness

*Maitreyabandhu*

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## **Life with Full Attention: A Practical Course in Mindfulness** Maitreyabandhu

In this eight-week course on mindfulness, Maitreyabandhu gently guides readers, teaching them how to pay closer attention to their experience. Each week, he introduces a different aspect of mindfulness – such as awareness of the body, feelings, thoughts and the environment – and recommends a number of easy practices; from trying out a simple meditation to reading a poem. Featuring personal stories, examples and tempting suggestions, Life with Full Attention provides both a starting point and a great refresher.

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