



The Mindfulness Code: Keys for Overcoming Stress, Anxiety, Fear, and Unhappiness

Donald Altman

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The price we pay for today's fast-paced, always-connected life is often stress, anxiety, and depression. While drawing on ancient wisdom, Donald Altman embraces twenty-first-century brain science to create practical, everyday strategies for experiencing a less-encumbered, less-entangled state of being. These techniques reactivate natural abilities you already possess.

The four keys for unlocking mindfulness are the body, the mind, the spirit, and relationships. Altman presents practices for turning each key toward contentment, confidence, and joy, including shifting our mental and emotional perceptions, inhabiting the body and its "sense-abilities," exploring spiritual connection, and tapping into the healing powers of community and relationship. Inviting and accessible to those new to mindfulness but comprehensive enough for more experienced practitioners, these powerful tools will help you transform your life from the inside out.

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