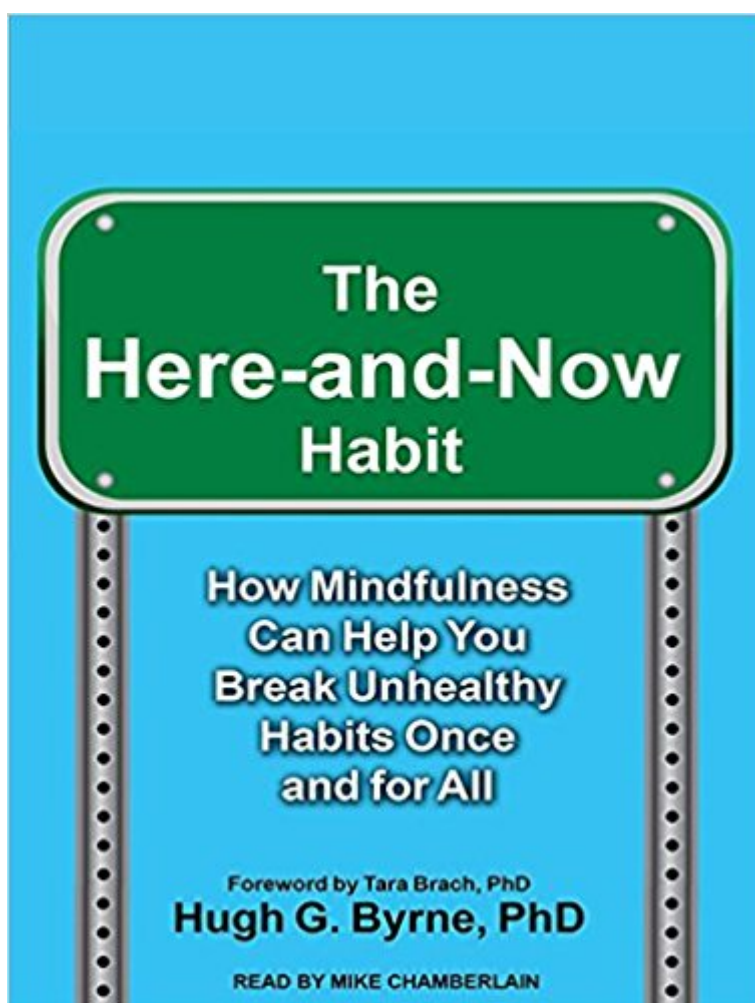




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# The Here-and-Now Habit: How Mindfulness Can Help You Break Unhealthy Habits Once And For All



## Synopsis

Have you found yourself doing something and thinking, Why do I keep doing this? We all have an unhealthy habit-or two, or three. Yours may be as simple as wasting time on the Internet, constantly checking your e-mail, or spending too much time in front of the TV. Or, it may be more serious, like habitual drinking, emotional overeating, constant self-criticism, or chronic worrying. Whatever your harmful habit is-you have the power to break it. The Here-and-Now Habit provides proven, effective techniques to help you stop existing on autopilot and start living in the here and now. You'll learn how to cultivate mindfulness to calm and focus your mind, be aware of thoughts without identifying with them or believing they are true, deal with difficult emotions, and clarify your own intentions regarding unhealthy habits by asking yourself, What do I want? How important is it to me to make this change? By learning to pay attention to your thoughts and actions in the moment, you'll discover how to let go of old patterns and create healthier habits and ways of living that will make you feel good about yourself. And when you feel good about you, you can do just about anything.

## Book Information

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## Customer Reviews

"Hugh G. Byrne brings together contemporary science, ancient teachings, and his own experience to help his readers learn to suffer less by changing unskillful habits---what a generous gift!"

---Sharon Salzberg, author of Lovingkindness

Hugh G. Byrne, PhD, is a guiding teacher with the Insight Meditation Community of Washington and cofounder of the Mindfulness Training Institute of Washington. He teaches classes, retreats, and

workshops in the United States and internationally. Dr. Byrne lives in Silver Spring, Maryland. Mike Chamberlain is an actor and voice-over performer, as well as an AudioFile Earphones Award-winning audiobook narrator. Along with animation and video game characters, Mike performs narration and voices promos for television. He lives with his wife and daughter in Southern California.

I am so grateful I have read this book! If you would like to read a book that will help you put mindfulness into daily practise in your life, go ahead and read this book! It is practical, funny, inspiring and warm. I have learned a lot about myself as reading it naturally brings in reflection, helps you analyse your tendencies towards certain behaviors, not necessarily addictions, but for example things we do to distract ourselves, cravings that keep us hooked on things that are not useful or healthy. Hugh Byrne dissects the detailed aspects of habits, the way they form and how to break them. I found particularly helpful the analysis of four main kinds of habits (wanting, distraction, resistance and doing) and found myself reflected in so many! But it is not true this book is only about quitting an unhelpful or unhealthy habit. First and foremost it helps you to learn how to be kind to yourself and understand the need behind the habit. This book has been a wonderful companion in my attempts to become more disciplined with my practices, but not forgetting about being kind to myself. So yes, you can identify and put the finger on things that perhaps do not work perfectly in the way you operate, that prevents you from reaching your goals, or living up to the vision of yourself you would like to hold. But Byrne gives you the chance of gently showing the way of how to hold yourself in kindness instead of contempt and guilt, how to proceed with introducing mindfulness as the chance to take steps towards changing your actions. Finally, I am in pure awe every time I stumble upon a poem he drops in this book, they are so powerful, beautiful and thought-provoking that this alone makes me stop and pause in order to digest the words and its content. Wonderful book, simple and practical advice and the reading I will keep coming back to.

Very helpfull very understandable

excellent product and delivery

Kind of touchy, feely but I am enjoying trying the excersizes

Great!

GREAT BOOK!!!

very helpful and well written for a beginning meditator. Still using what I learned.

The Here And Now Habit is not just another book on dealing with unwanted habits, whatever they may be. It is not just self-help book you buy at the bookstore when you are in despair, when nothing else seems to make sense. This book clearly explains how mindfulness works and how it can be used to end unwanted habits. It also mentions scientific studies of changes in the brain resulting from mindfulness. See page 35, where Hugh talks about how mindfulness changes the brain neuroplasticity; and page 40, where he talks about mindfulness and smoke cessation. Who would have thought that mindfulness, the simple and yet difficult act of being present with your own experience, could be a key to getting rid of unwanted patterns of behavior that may keep you from developing your full potential. Hugh begins his book by explaining habits, how they get established, and how difficult it is to change them once they become part of our lives. Then he proposes mindfulness as a way to change unwanted habits. Hugh proceeds to explain mindfulness; how it evolved and how even though it was developed within the Buddhist tradition, it's a universal quality of present moment awareness that can be experienced and cultivated independently of any particular religion or philosophy. According to Buddhist tradition, craving is the cause of suffering; human suffering arises from wanting more of what we like and less of what we don't like. Mindfulness is one element the Buddha proposes to end suffering. Hugh stresses the cultivation of mindfulness: being present in the here and now, and being aware of thought patterns as a way to understand habits and to address the underlying urges and triggers of habitual behaviors. Only by understanding who we are can we really begin to ride the waves of emotions, urges and cravings and thus overcome unwanted habits. Throughout this book there are 12 practices that provide the reader a journey of mindfulness. This mindfulness journey may or may not be for you, but you will never know until you try. More than anything, this book is an invitation to take that journey, of making mindfulness your default habit.

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Effective People Signature) Habit 1 Be Proactive: The Habit of Choice (The 7 Habits) Habit 4 Think Win-Win: The Habit of Mutual Benefit (7 Habits of Highly Effective People Signature) Habit 2 Begin With the End in Mind: The Habit of Vision (7 Habits of Highly Effective People) Habit 6 Synergize: The Habit of Creative Cooperation (7 Habits of Highly Effective People Signature) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) You Are Not Your Brain: The 4-Step Solution for Changing Bad Habits, Ending Unhealthy Thinking, and Taking Control of Your Life Habits: Easy Habits for a Better Life. (Life, Business, Success, Habit, Happiness) millionaire success habits: 2 Manuscripts - Millionaire Mindset habits and simple ideas for success you can start now, Money top secrets of accumulating more money The End Of Chaos: Break Away From Bad Habits, Addictions And Self Destructive Tendencies Before They Break You Mindfulness for Bipolar Disorder: How Mindfulness and Neuroscience Can Help You Manage Your Bipolar Symptoms 98 Ways to Stop Masturbating: Mindsets, Tips, and Techniques to Help You Break Your Habit of Masturbation Quit Smoking: Naturally: How To Break Free From Nicotine Addiction For Life Without Side Effects (Stop The Smoking Habit Permanently, The Easy Way, No ... Smoking Hypnosis, Stop Smoking Now, Cancer) Mindfulness: Mindfulness for Beginners: How to Live in The Present, Stress and Anxiety Free (FREE Bonus Gift Included) (Mindfulness, Meditation, Buddhism, Zen) 10-Minute Mindfulness: 71 Habits for Living in the Present Moment (Mindfulness Books Series Book 2) TIDYING UP: ORGANIZE & DECLUTTER 10 MINUTE CLEANING HABIT:SIMPLE STRESS-FREE HABIT TO SPARK JOY WHEN YOU TIDY UP Million Dollar Habits: 27 Powerful Habits to Wire Your Mind For Success, Become Truly Happy, and Achieve Financial Freedom (Habits of Highly Effective People Book 1)

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