

LESSON ONE

.b

PLAYING ATTENTION



TRAINING THE MUSCLE OF YOUR MIND

LESSON TWO

.b



TAMING THE ANIMAL MIND

CULTIVATING CURIOSITY AND KINDNESS

LESSON THREE

.b



RECOGNISING WORRY

NOTICING HOW YOUR MIND PLAYS TRICKS ON YOU

LESSON FOUR

.b

BEING HERE NOW



FROM REACTING TO RESPONDING

LESSON FIVE

.b



MOVING MINDFULLY

KEEPING YOUR HEAD ON YOUR SHOULDERS

LESSON SIX

.b

STEPPING BACK



WATCHING THE THOUGHT-TRAFFIC OF YOUR MIND

LESSON SEVEN

.b



BEFRIENDING THE DIFFICULT

MANAGING STRONG EMOTIONS

LESSON EIGHT

.b



TAKING IN THE GOOD

BEING PRESENT WITH YOUR HEART

LESSON NINE

.b



PULLING IT ALL TOGETHER