

# CONTENTS

<b>Part 1: Mindfulness — basic principles and how to practise it</b>	<i>1</i>		
1. Introduction to mindfulness	<i>3</i>		
2. Philosophical foundations of mindfulness	<i>17</i>		
3. The practical application of mindfulness	<i>25</i>		
<b>Part 2: What can mindfulness do for us?</b>	<i>57</i>		
4. Mindfulness as treatment and prevention	<i>59</i>		
5. The mindful brain	<i>63</i>		
6. Stress and ageing	<i>67</i>		
7. Anxiety	<i>72</i>		
8. Depression	<i>85</i>		
9. Addiction	<i>98</i>		
10. Attention disorders	<i>109</i>		
11. Pain	<i>118</i>		
12. Mindfulness and chronic illness	<i>127</i>		
13. Sleep	<i>142</i>		
<b>Part 3: Mindfulness and personal development</b>	<i>151</i>		
14. Lifestyle management	<i>153</i>		
15. Education and academic performance	<i>170</i>		
		16. Mindfulness in the workplace	<i>190</i>
		17. Sport	<i>206</i>
		18. Emotional Intelligence	<i>215</i>
		19. Mindful relationships	<i>224</i>
		<b>Part 4: Mindfulness and facing life's challenges</b>	<i>241</i>
		20. Life challenges and mindful solutions	<i>243</i>
		A note on references	<i>257</i>
		Index	<i>258</i>