



# **Mindfulness On the Go: Quick And Easy Tips For Achieving Inner Calm Every Day**

*Padraig O'Morain*

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Mindfulness in Minutes Who has time to meditate, chant in the lotus position or read spiritual tomes on finding inner calm? Relax! Mindfulness doesn't have to be another chore. It can be found on your morning commute, during your coffee break or when you're waiting in line at the grocery store. This user-friendly handbook is packed with tips to help you slow down, refocus and practice a form of mindfulness that fits into your hectic schedule. Whether you're at work, at home or traveling, Mindfulness on the Go will help you: - Stop wasting mental and emotional energy - Boost creativity - Manage stress, anxiety and anger Find those moments of peace and quiet--no yoga mat, chanting or incense required.

## Mindfulness On the Go: Quick And Easy Tips For Achieving Inner Calm Every Day Details

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# **From Reader Review Mindfulness On the Go: Quick And Easy Tips For Achieving Inner Calm Every Day for online ebook**

## **Paul Sheppard says**

One of my biggest complaints as a mindfulness coach is the lack of resources I can recommend my clients or friends to read. Most mindfulness books are over bloated self indulgent affairs which most people get bored with. This book changes that. It's nice to see some of what I teach put in a way which is easy to understand. I specialise in anxiety issues and some books would only add to that due to their size and the amount of information to sift through to get to the point. Simple, effective and to the point. I hope my book is as easy to read as this one. Also whilst repetitive in some places I see that as a good thing especially for those with distracted minds in a trance. Hopefully through practise they will wake up and be more present more often. I'm recommending it to my clients to use in conjunction with our work together. So pleased I found it.

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## **Hannah Byrne says**

Mindfulness on the Go makes it easy to bring mindfulness into your daily life and shows you how to incorporate it into all sorts of situations - the most useful chapters for me were on mindfulness and commuting, work and relationships. I would recommend it to anyone who struggles with stress or anxiety, or has heard of mindfulness but doesn't think they have the time to practice it. Mindfulness on the Go gives you the skills to use it in any situation and can help to improve your life.

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## **Thiago Sant'Ana says**

Des leitura simples e objetiva

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## **Taylor Trauger says**

I flipped through this book at Powell's months ago and finally bought it for myself. In the 10 days it took me to read it, I've already noticed significant changes in my mood and ability to accept things I cannot change. This book is great because it has short, helpful chapters explaining how to be mindful—and why it helps you manage stress and anxiety while making room for you to be more creative and thoughtful. There are also little "on the go" exercises and quick lists of tips that you can incorporate anywhere, any time. Spending even one minute focusing on your breathing can go a long way to improving your mind and mood! Though I've read the book cover to cover, I'm going to keep it at my desk at work or in my bag so I can flip through it and remind myself of tips and exercises. I can already feel the benefits of breathing, focusing, and letting go of unnecessary negative emotions. This book helps you find opportunities of mindfulness at work, at home, before sleeping, on your commute, while waiting in a line, and while traveling. I recommend it to anyone and everyone who wants more peace and mindfulness and less stress in their lives!

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## **Puddlyduck says**

Disclaimer: I received this no-strings-attached arc from netgalley.

Mindfulness on the Go begins by addressing the excuses we tell ourselves about why we haven't started placing mindfulness and answers them. For example, the author O'Morain says you can be mindful and yell at kids simultaneously!

Mindfulness essentially boils down to acknowledging our current reality. How are you feeling right now? Not during tomorrow's meeting... or last year's Boxing Day, but right now in this very moment?

The book contains lots of exercises with explanations of how to do them, what the aims are and how you may feel. The 'if you want to go deeper' paragraphs describe the next step you could take with that particular activity.

For me, learning about a creating an 'anchor' point was particularly helpful, as it emphasises the usefulness in creating a physical point you can return your attention to. The instruction "clear your mind" for example, is so much more vague and difficult than "focus on the tip of your nose".

As the title suggests, the book is designed to fit into everyday life. Two examples of this would be the eating one square of chocolate for a minute challenge (challenge = impossible!) and simply listening to sounds outside your window. Neither of these take up hours of your time with long sessions of meditation, but can help train your brain to acknowledge the present.

I particularly liked that the book included a few mindfulness activities for children (the toy on your chest as asleep, breathe softly so you don't wake it!) and teenagers. Other techniques could be adapted to suit other ages too.

As the author points out this book is designed to dip in and out so I'll be picking it up again from time to time to try out how techniques.

4/5 for a clear cut approach to mindfulness for the average person.

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## **Misha says**

Nice tips on how to get back to reality and calm your body and mind. Unfortunately same recommendations and practices were repeated through the book which makes reading the whole thing rather repetitive and boring experience.

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## **Matt Scary says**

Dead lord, this was a very poor read. Though it humored me to imagine taking the authors advice and

placing notes to remind me of these lessons around the house. You'd have to read it to get the joke, but I don't recommend it.

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## **Lili says**

I received this book from Netgalley in exchange for a review:

I admit, I went into this subject a little blind, I have heard the term Mindfulness bandied around but never really looked into it because I assumed it was self explanatory. It meant to be mindful...which is true, but there is more to it than that. As someone who spends way too much time in their own mind (so much so that I constantly run into things because my head is in the clouds) and has utterly failed at meditation, Mindfulness On The Go actually seemed like something that could be useful.

Especially the section on breathing, this is the only book that has covered meditation, breathing techniques, or anything of that nature that addresses the fact that some people just cannot do that. I have never seen a book that mentions that some people have a panic attack or freak out about controlling their breathing, so yeah, that is why meditation and certain yoga techniques and I do not match. Thank you book! It makes me feel like less of a nut...and now I want to go back to not thinking about breathing.

The tips and techniques presented in this book I think are very useful, and very well written. I am going to try to incorporate several of them into my life, if I am lucky it will help with many aspects of my life. I am most curious to try the techniques regarding pain management and anxiety. Wish me luck!

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## **GONZA says**

Among the many books I've read lately, and they had the Mindfulness as an argument, this is one of the most clear and those that provide are the most useful and easy tips to practice Mindfulness, because not everybody has the time to practice one hour of meditation per day in the silence of the adequate room.

Tra i tanti libri che ho letto ultimamente, e che avevano come argomento la Mindfulness, questo é uno dei piú chiari e di quelli che fornisce i piú utili suggerimenti spiccioli, perché non tutti abbiamo il tempo di praticare un'ora di meditazione al giorno nel silenzio della stanza adatta.

THANKS TO NETGALLEY AND HARLEQUIN FOR THE PREVIEW!

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## **Gearóid says**

Really very good.

Lots of information on how to use mindfulness daily  
in lots of different scenarios.

Listened to in audiobook format and found it a good way  
to read this sort of book.

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## Josephine says

This book offers steps on how to practice mindfulness in different aspects of your life; to name a few, when you're at home, work, feeling angry or being caught up in your own dialogue fantasy. Our mind is constantly 'running' away into different situations be it the past, reliving a hurtful experience or being stuck inside a fantasy, this book is helpful to bring our own mind and attention back to the present. It is a must read for everyone.

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## Kezia Mariska says

I adore this book! This is kind of book that you can go back and read it again and again, or randomly read any chapters you want. A very calming book because it packed with tons of mindfulness techniques (while walking, eating, in the middle of meeting, etc). I think this is also a great light read because the author made it point by point so you won't get bored with the writing. I also learned a lot of new stuff that I have never heard before. Worth a read guys!

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## Dora says

I was promised a quick, simple book that gives direct mindfulness advice and this is exactly what I got. O'Morain writes very succinctly, which I greatly appreciate because everyone that feels the need to start practicing mindfulness wants to do so as soon as possible. I have already started applying it in my everyday life (and this is another aspect of mindfulness that I love - it can and actually should be on an everyday basis and can be practiced whenever wherever and for whatever period of time you have).

The book does not state anything all that new. The main ideas can be summarized in the notion that a calm mind is a happier mind and that it is not that complicated to calm your mind. O'Morain suggests that anytime you feel the need to react instinctively to something, or when you feel negative emotions just do one of the following:

- pause and become aware of the moment/situation/your surroundings
- focus your attention on the external (what your senses are perceiving, what is happening - but in an objective, non-detached way)
- what he most recommends: focus on your body (either by noticing your breath, or posture or feeling your feet on the ground)

These are very simple tips but they are harder to put into practice than it seems. But it is definitely worth trying and working on it!

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## Kevin says

Loved this book. Some mindfulness approaches recommend a daily ten or twenty minute practice. Well, that is great but often people struggle to commit to this - it's difficult in the midst of a busy life. And when people

can't commit they tend to give up the practice. This approach comes at practice in a totally different way - it is about practising mindfulness in your everyday life. It's about catching mindfulness moments, pauses and minutes. And it encourages keeping these practices alive - the intention to practice provides the glue and the momentum.

There are so many short exercises and little nuggets about how mindfulness can be used to help with difficult emotions, rumination, managing stress and so on. A little god-send of a book.

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## **Penny says**

This is a tiny book that packed the promise of a variety of mindful meditation technics to use in situations that didn't necessarily allow me to sit down with my eyes closed in a quiet space. I am no stranger to mindful meditation so I found some practices to be nothing new. I liked the short practices that helped remind yourself to not push mindfulness away during your seemingly busy day. Like pausing at the end of chapters while reading a book to notice your posture or remembering to take a breath every hour. There are exercises you can use in the car, with your children, or even while your spending time with your spouse. The "On the Go," practices were pretty useful and presented in a simpler format. All in all, I did enjoy this book. I'm not sure if I would recommend it as an eye-opener to someone new to Mindfulness but the exercises may be a good start.

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