

# MINDFULNESS TO GO

How to Meditate While You're on the Move

DAVID HARP, MA

About  
the  
Author



**David Harp, MA** is a cognitive behavioral therapy trainer and author of the *Three Minute Meditator*, *Neural Path Therapy*, and *MetaPhysical Fitness*. He specializes in training groups of laypersons and professionals to consciously control what is commonly known as the fight or flight response, which produces fear and anger. Harp lives in Montpelier, VT and is also a world class blues harmonica player who has taught more than one million people "to blow their blues away."

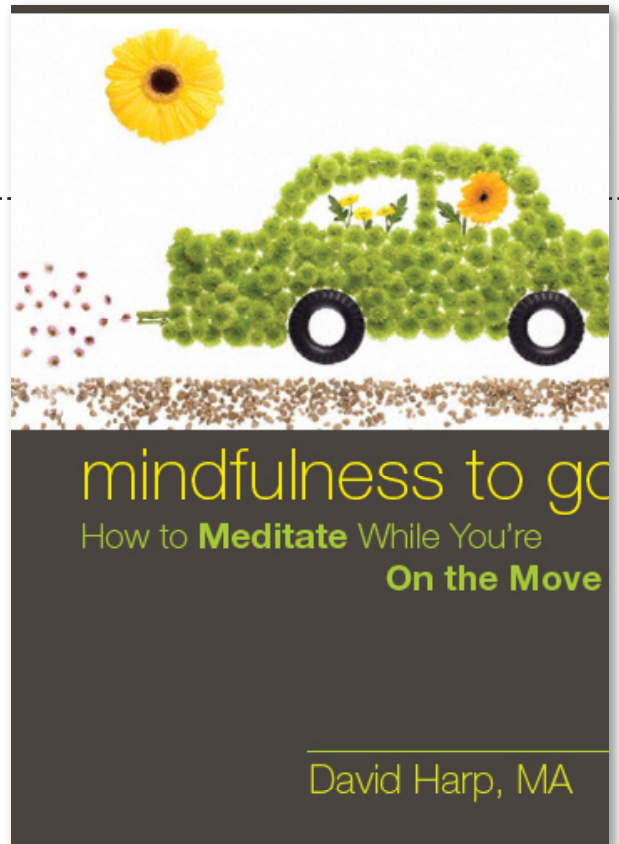
Mindfulness can take years or even decades to develop using traditional methods.

*Mindfulness to Go* presents a fast-track approach to helping readers reap the benefits of mindfulness meditation: decreased anxiety and depression, increased self-acceptance, more fluid adaptation to change, improved concentration and creativity, and enhanced quality of life. These simple off-the-mat meditations are written in a humorous and straightforward style and are designed for use during everyday tasks.

Every action, physical or mental, can be mindful or mindless, stress-reducing or stress-producing. Learn to be more mindful by practicing meditations:

- In the car or on the subway
- While running errands
- While on the phone or computer
- During interactions with others at home or at work

With practice, mindfulness can become less the product of concentrated thought, and more of a personal natural resource to draw upon for greater confidence, flexibility, and focus every moment of every day.



FOR MORE INFORMATION, CONTACT  
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HOW TO MEDITATE WHILE YOU'RE ON THE MOVE

David Harp, MA

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## Features

Basic Mental Muscle Exercises • Variations on the Basics • Customizing Your Mindfulness Method • Types of Thoughts: Real-Life, Self-Talk, and Dead-End • Visualization • A Few Moments of Mindfulness, Then a Choice • Judging • How to See it Coming Before it Hits the Fan • Compassion, Pain & Grief • Being Present • On Nonduality & Spirituality • Building a Mindfulness Strategy • Interpersonal Mindfulness at Home and Work • Mindfulness on the Road, and on the Fly • Mindfulness Without Motion • Soothing the Self

## Interview Questions

- What is mindfulness? What is meditation? What's the difference?
- Why would anyone want to practice mindfulness, anyway?
- What is the fight-or-flight response and what does it have to do with mindfulness?
- What are the differences between real-life, self-talk, and dead-end thoughts?
- How can labeling your thoughts help you with mindfulness practice?
- What is mental muscle?
- What are some examples of simple mindfulness exercises people can do throughout the day? And how often should they be practicing daily? Doesn't this take a lot of time to do?
- What is visualization, and how can it help people become more mindful?
- What is the role of judging in the context of mindfulness? How is it different from analysis and observation?
- What does it mean to "be present"?
- What are some of the ways people can apply mindfulness at work?
- What is driving meditation? What are some other everyday situations when mindfulness practice can be applied?

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