

Immerse: A 52-Week Course in Resilient Living: A Commitment to Live With Intentionality, Deeper Presence, Contentment, and Kindness. (Volume 1)

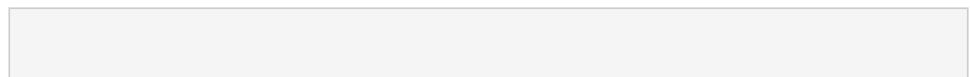
By MD, Dr. Amit Sood HD

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It isn't about living in the present moment; it is about being present for your moments. It isn't about emptying the mind; it is about filling the mind with hope and positivity. It isn't about focusing on breath and emptiness; it is about striving to be consistently patient and kind. "Immerse" offers you an authentic, simple, practical, and engaging program to be more present for your moments, fill your mind with hope and positivity, and become consistently patient and kind. The subtle strength of authentic presence, hope, positivity, patience and kindness will make you strong - phenomenally strong. Despite truly wishing to live our days guided by our core values, most of us struggle because of one important reason – our mind's distractibility and forgetfulness. Our mind needs daily reminders, repetitions and a constant flow of novel ideas to translate our kind intentions into daily habits. "Immerse" offers you stories weaved in scientifically-anchored insights and the discipline of a daily practice your mind needs to develop an attention that is strong, focused, and kind, and thinking that is big picture, rational, and values-driven. Whether you're interested in improving your relationships, enhancing your health and wellness, career success, becoming a better parent, or all of the above, you'll need deeper presence, intentionality, contentment and kindness to succeed. "Immerse" strives to provide you all of these. The book has 104 writings (two for each week) that integrate science, stories and observations from daily life, to create an inspirational, interesting and informative delicacy that your mind will savor for years to come. Combining the (optional) online program that links these insights with practices can offer you a complete meal for your mind. (Check Stressfree.org/Immerse/) Immerse yourself in timeless values so you become one with them. Take others with you on this ride, so together, you savor a rewarding and meaning-filled life.



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- Rank: #76903 in Books
- Published on: 2016-02-06
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .69" w x 6.00" l, .89 pounds
- Binding: Paperback
- 302 pages

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Editorial Review

About the Author

Dr. Amit Sood, HD, MD, is husband and Dad (HD), and is a Professor of Medicine at Mayo Clinic (MD). Dr. Sood's work is committed to helping people enhance their resilience, lower stress, improve relationships, achieve greater career success, and find novel ways to live a joyous and meaning-filled life. His programs integrate cutting edge advances in neurosciences with the wisdom of timeless values. Dr. Sood has published over 70 peer-reviewed articles in prestigious journals, is a highly sought after speaker, and has received several NIH and foundation awards for conducting research. He is the author of the books, Mayo Clinic Guide to Stress-Free Living and Mayo Clinic Handbook for Happiness. His work has been widely quoted in the press including The Atlantic Monthly, USA Today, Wall Street Journal, New York Times, NPR, Reuters Health, Time Magazine (online), Good Housekeeping, Parenting, Real Simple, Shape, US News, Huffington Post, Mens Health Magazine, The Globe and Mail, CBS News, and Fox News. He has received several awards including the Distinguished Service Award, Innovator of the Year Award and Distinguished Physician Scientist Award from Mayo Clinic. He was selected as one amongst top 20 intelligent optimists helping the world be a better place by The Ode Magazine. He was also selected as one of the health care pioneers for 2015 by the Robert Wood Johnson Foundation. He is the creator of the SMART (Stress Management And Resiliency Training), AIT (Attention and Interpretation Therapy) and Resilient-Living Programs. When not working, you might find him acting goofy with the kids, indulging in culinary delights, and meditating while loading the dishwasher or folding clothes. He is not the most skilled flosser in the world and often wears boring ties. You can find more about Dr. Sood at Stressfree.org.

Users Review

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