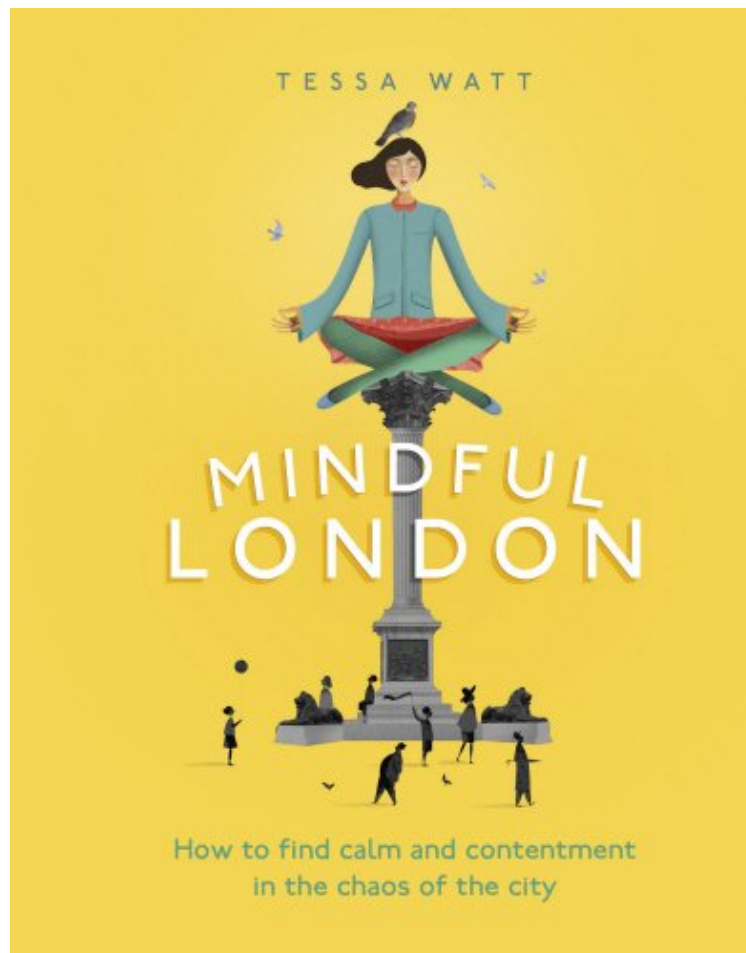


# Mindful London: How to Find Calm and Contentment in the Chaos of the City

Tessa Watt

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**Tessa Watt : Mindful London: How to Find Calm and Contentment in the Chaos of the City** before purchasing it in order to gage whether or not it would be worth my time, and all praised Mindful London: How to Find Calm and Contentment in the Chaos of the City:

0 of 0 people found the following review helpful. A "mindful" read -By Elizabeth HoweEnjoyed this book thoroughly. I usually don't mark up books but there were quite a few paragraphs that really hit home for me and I've highlighted to refer back to. An easy read - as it should be considering the main topic; it's a "mindful" read. I absolutely Love London and the author provided a few new sites for me to explore and to experience. I'm a freelance photographer and pay particular attention to details, as a result I spend a lot of time seeing things through a camera lens. This book has encouraged me to observe slowly, put the camera down every now and then and experience what I am seeing - use my senses. It's a keeper! Thank you, Tessa!

The best green spaces to visit, architectural details to notice, hideaways to retreat to, and tips for being present in a meaningful way when visiting or living in London For Londoners and visitors looking to enhance their experience of the city, and for those curious about mindfulness, this is an essential guide, offering quiet and peaceful places to retreat to in the middle of the chaos, from the silence and sanctuary of libraries, museums, and churches to the rejuvenating influence of nature found in London's myriad green spaces and waterways. It also includes suggestions for things to do that will help you de-stress and re-energize, from yoga and tai chi to wild swimming and other more restorative forms of exercise to mindful ways to appreciate London's architecture, art, and music, as well as the city's more informal sights and sounds. However, mindfulness is really all about being more present, awake, and aware in all elements of our daily lives. At the core of this book you will find simple mindfulness exercises, reflections, and reminders that are easy to incorporate into a busy day: on the Tube, bus, or walking to work; while eating a quick lunch; working out at the gym; waiting in a line; or at the red light. Mindful London is the secret to living a more balanced life in the big city.

About the Author Tessa Watt is a mindfulness instructor and consultant, running workshops and courses for the public as well as private organizations. She also teaches yoga and is the author of *Introducing Mindfulness*.