



Mindful Mornings: Daily Reflections and Meditations to Start Your Day Off Right

Rachael L. Thompson

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Mornings are said to be the most powerful part of any day. They represent a fresh start, a new beginning. Devoting just five minutes each morning to reflection and meditation will transform your days and eventually lead to a more blissful life. Carry these reflections and meditations with you through your days and watch your daily experiences transform. Stress will seem far less daunting, you will be able to enjoy each moment and appreciate those around you as your heart is filled with love and gratitude. You owe this time to yourself. Transcend any limitations brought about by negative thinking and experience true peace and deep joy. Love and light as you continue on your journey.

Who Will Benefit from this Book?

Anyone dealing with daily stress, anxiety or feeling overwhelmed can greatly benefit from applying the simple techniques discussed in this book. Also, anyone who wants to harness the power of morning rituals to increase happiness, health, joy and success, will gain invaluable insight into the mental attitude, habits, and practices necessary for personal transformation.

How This Book is Different than Most

Unlike many books on meditation, this one does not go over well-known facts and theories. It does not give you ideals that seem impossible to implement in your busy life. It, instead, breaks down theories using simple language, provides examples to illustrate ideas and gives you concrete action steps to try out what you learned.

What You Can Expect

There are 25 different Daily Reflections, each addressing a different area, ranging from mindfulness to family to confidence. Each chapter provides a reflection and either a meditation activity and/or a practice to implement during your day. Too often, we read lovely quotes or stories that make us feel temporarily uplifted, only to quickly forget what we read as soon as a distraction presents itself. These reflections encourage you to incorporate what you learned into your life, leading to far more personal growth than simply reading a story. In addition, there are 10 different meditation guides that lead you through a variety of different types of meditation practices. Whether your objective is stress management, manifesting your ideal life, or expanding your consciousness to increase spirituality, you will find a meditation that aligns with your needs and goals.

Possible Benefits

Reduced Stress and Anxiety

Better Quality of Life

Peace and Daily Happiness

Check it out today and begin your journey. Good Luck!

Meditation, meditation for beginners, meditation techniques, transcendental meditation, meditation books, how to meditate, meditation for beginners, how to meditate for beginners, mindfulness meditation, mindfulness, relieve stress, inner peace with meditation, meditation for beginners, meditation, daily meditations, zen meditation, Personal Transformation, Morning Rituals, Habits, Motivational, Happiness, Health

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Details

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From Reader Review Mindful Mornings: Daily Reflections and Meditations to Start Your Day Off Right for online ebook

J.P. Willson says

There is an array of valuable information in this book. Many of the techniques and ideas I do practice in my life and they are certainly very helpful to my own sense of self, my place in this big bad world. Where I tend to draw the line is with meditation. I have tried it, many times in many ways and it simply does nothing for me. This of course is just me and should not be a statement that is written in stone- just my feelings on the practice- doesn't do me any good. Let's just say I have a different method for being in touch with my subconscious mind that I can do while still multi-tasking and it works well for me. I have always had a hard time doing 'nothing' so to speak, shutting my mind off is impossible for me. I'm weird what can I say. Having said that though I would still recommend this book for anyone looking for a path to their own mindfulness techniques of which here, there are many.

Laura Koerber says

I'm a Buddhist, so much of this book is familiar ground to me. However, this is not a religious book or even a philosophical one--it is practical, with an emphasis on application. You do not need to be a Buddhist or even remotely interested in Buddhism to get a lot out of it. The essays are just what the title says: exercises that anyone of any faith can practice to better live one's life.

The writing matches the book; clear, focused, practical, not fussy or esoteric. It has been edited well, so the sentences flow and you will not find yourself distracted by typos.

I recommend this book for anyone who would to take steps to improve the experience of daily life.

Jill says

I received this book as part of a Goodreads giveaway, thanks to the author, Rachel Thompson and Goodreads for the opportunity. This is a great little book that makes it easy to explore how to make the most of your morning and the rest of the day. The book is broken down into two parts, one covering various action type reflections and the second covering meditation techniques. I really enjoyed the chapter on Monkey Mind and how to calm it through concentration and meditation. I see this book getting a lot of use!

D.R. says

Who doesn't need a little introspection? I clearly do.

In "Mindful Mornings" by Rachael L. Thompson, 25 topics of daily reflection are discussed. Stress, Problem Solving, Relationship, Change, Forgiveness, and twenty other topics are included as separate chapters. Each chapter is short, to the point, easy to understand, and free of jargon. Equally succinct suggestions on how to put each topic of reflection into action are included at the end of each chapter. The author's message is to

empower your mornings through reflection.

The book is a quick read, but I wouldn't suggest reading it once and putting it away. I think its value is as a reference book. Are you having relationship problems with a family member? Break out the book, read and reflect on the Relationship and Family chapters. Is stress keeping you from enjoying your day? Read the chapter on Stress and reflect.

Rachael L. Thompson helps you understand how to improve your thoughts, attitude and actions each day. As an example, something as easy as reflecting on things for which you should be grateful can boost your day. In just a few pages, the author takes you through why gratitude is important and how it impacts your life. A five minute investment of your time each morning reflecting on how to be more grateful can improve your outlook and how others view you.

Part II of the book provides an introduction to meditation along with 10 meditation techniques. I've never practiced meditation, nor did I know much about it, but I found this section of the book to be a good introduction. For first timers inclined to give meditation a try, it's a great source of information. It might even prompt this old dog to try some new tricks. I found the book a good value and well worth the Kindle price.

Carolee Croft says

The thing I enjoyed the most about this book was trying the different types of meditations.

The meditations are presented with clear instructions in easy-to-understand language, which is perfect for those new to the practice. The author states that there is no right or wrong way to meditate and you get the sense that it's not something remote and mystical but something anyone can practice and receive all the benefits.

I also like the way the book is organized into short, manageable chapters so that you can read one a day and really take the time to reflect on it.

This little book could be used as a crash course in Buddhist and Yogi philosophy as well as an introduction to self-help authors like Louise Hay and Wayne Dyer. I think it would be best for beginners but even those who have studied these subjects for a while could still find something new to learn here.

Andrea King says

Great for beginners

Great book for daily mindfulness if you are a beginner. Easy to read and understand and a very quick read! Highly recommend!

Jay Saph says

This is a whistle stop tour of all you need to know about mind fullness and well being. There were some great learnings in here! I particularly liked the advice to dispel with bad, negative relationships. Do we need to think and care about as much as we do? Happiness comes from within and not necessarily at the end of a multimedia phone.

I suppose the main quality for this work is that it's an easy read and digestible. The author has taken the main learnings from many places and presented them effectively.

All considered, I sense there's much going on in this space so it's tough to stand out. Free youtube videos all the way to apps (mentioning no names) that require a hefty monthly subscription. What do you choose?

It is true that every day we are faced with too much stimulation and need to focus on what really matters. We need to quieten that mental chatter. 10 mins per morning is a small price.

This book will help set the scene and I've already recommended to my friends. Well done to the author!

K.T. Munson says

There are 25 reflections covered here plus some meditation information. There are even some mantras. Some of the reflections are overlapping while others stand very much alone. I was impressed by the information under them. I thought the order was a little strange but I did like that happiness came last. There was also the idea of selflessness and positive regard for others. As a very logical person the section that I felt was woefully lacking was 'life purpose.' I thought this was far more important than some of the other sections and was on the shorter side. Perhaps that was because there was a chapter on goals that this seemed so short. For sure a quick read in the morning with some tea (or coffee) before leaving in the morning.

Rating

4 stars.

25 reflections that may help you become a mindful person.

I received a copy in exchange for an honest review. More reviews at creatingworldswithwords.wordpress.com.

Crimson Syn says

I'm not one to read self-help books, but I needed something positive and uplifting and this served its purpose. This is definitely an easy guide to find that inner peace that sometimes is hard to get to. I actually even tried meditation a few mornings and I liked how the book focused on introducing meditation and its benefits. I actually did find it to be helpful on those days I tried it. This is definitely a book you want to hold on to and go back to every once in a while to help you reflect on the positive and find that moment of stress free life everyone craves.

Lauren says

Mindful Mornings is a delightful collection of philosophies, exercises, techniques and challenges to help someone improve in many aspects of their life. I am generally not a happy person in the morning, so this is especially helpful for me.

The philosophy and advice presented throughout the chapters was all sound, nothing ground breaking or

especially new, but the way it was compiled was very effective and motivational. I really enjoyed that the author incorporated exercises so you can actually apply the ideas and see actual progress. Especially poignant to me were the concepts shared of living in the present. Too often I stress over things of the past or what might happen in the future.

The meditation techniques are instructive and comprehensive; I appreciated the details and examples, and I especially liked the progressive muscle relaxation technique and the anchoring technique. Overall, this guide is

great for self reflection and an in depth examination of yourself, your character, and your habits, and is very complete and comprehensive in clearing your mind and unblocking sources of stress and anxiety. I would definitely recommend this to anyone who wants to eradicate stress and unnecessary worry.

Mark Kasniak says

I absolutely loved “A Mindful Morning,” (book 2 Daily Reflection and Mediation to start your day of Right) by Rachael L. Thompson, there needs to be more books out there like this to help remind us of all the blessings we have in life. Sometimes we get caught up in the hustle and bustle that is life and we forget about the things that truly matter, “A Mindful Morning” is a friendly little reminder of how we should in fact treat each and every day as the miracle that it is in the pursuit of our own happiness and inner peace.

Rachael laid out her concept of finding inner happiness over the course of several chapters in this book, some go more in depth than others, but all are equally important. One such chapter right off the bat is “Family.” How a person may view their own family and what type of relationships they have built with the members of their family and how those relationships may be improved. The book shows how a person perceives family can be a great source of strength or turmoil in their lives, but if you want family to be a positive aspect in yours, you need to work at it.

Another part of the book which I loved was just simply titled, “Appreciation.” Now, this might seem obvious to take time to appreciate the people and things you have in life, but people don’t, it’s just too easy to take things for granted. Stopping for a moment to appreciate the simple things in life like for example: you being the only person at the checkout in your local store instead of being 15th in line and having to wait all day, may seem like a little ridiculous, but if you honestly look at how things could have actually been much worse, you can gain a real appreciation of when things go smoothly for you.

“Freedom from Fear,” is another topic Rachael talked about and she could not have been more right in her thoughts. Fear is a killer, and it holds people back from their true potential. Tackling fear may be the hardest thing to do in this world, but if you don’t face challenges head-on it only leads to regret. Rachael adds some helpful tips about facing fear in this chapter.

In the section dealing with “Happiness” Rachael talks of the simple things one must do in order to find their inner bliss, such things include: patience, compassion, gratitude. She also goes on to explain a few meditation techniques one may use in order to bring about tranquility to their life.

All in all, my final thoughts of “A Mindful Morning” are that this book is truly fantastic! Although, we should all already know a lot of what is mentioned in this book, sometimes we just need a little reminder. There is also a ton of information that Rachael talks about that, at least, I have not thought of, so it was nice to look at certain situations from a different perspective. I would recommend A Mindful Morning to literally anyone, because if you’re alive, you can probably benefit in some way from this book. This is definitely a great read for anyone who is just looking to feel a little better about life. A+ Keep up the great work, Rachael!!!

Samantha Burnell says

I picked this up because my mornings, like many other peoples are a mess. Kids, school run, lost shoes, no petrol, can't find the keys, out of milk - it's a never ending battle and not one of us is having a good start to the day, so I wanted to improve the mornings not only for myself, but also for the sake of my children so their school day would start off just a little bit better.

The book has easy to follow steps and some really simple suggestions, and the employment of a couple of these today has lead to a tear free, less stressed than usual school run. For a more positive outlook that will take you on through the day I highly recommend this book. It indeed makes you stop and take stock and give you a chance to hit the reset button.
