



Get Some Headspace: How Mindfulness Can Change Your Life in Ten Minutes a Day

Andy Puddicombe

[Download now](#)

[Read Online](#) 

Get Some Headspace: How Mindfulness Can Change Your Life in Ten Minutes a Day

Andy Puddicombe

Get Some Headspace: How Mindfulness Can Change Your Life in Ten Minutes a Day Andy Puddicombe

As a former Buddhist monk with over 10 years of teaching experience, Andy Puddicombe has been acknowledged as the UK's foremost mindfulness meditation expert. Like his readers and students, he began his own meditation practice as a normal, busy person with everyday concerns, and he has since designed a program that fits neatly into a jam-packed daily routine—proving that just 10 minutes a day can make a world of difference. Simple exercises, stories and techniques culled from Andy's years of experience will help anyone calm the chatter in their minds. The result? More headspace, less stress.

Get Some Headspace also brings us the extraordinary science behind this seemingly simple cure-all. This book and practice will help readers positively impact every area of their physical and mental health, from productivity and focus, to stress and anxiety relief, sleep, weight-loss, personal relationships...and the list goes on and on.

Get Some Headspace: How Mindfulness Can Change Your Life in Ten Minutes a Day Details

Date : Published June 5th 2012 by St. Martin's Griffin (first published 2011)

ISBN :

Author : Andy Puddicombe

Format : Kindle Edition 225 pages

Genre : Nonfiction, Self Help, Psychology, Health

 [Download Get Some Headspace: How Mindfulness Can Change Your Lif ...pdf](#)

 [Read Online Get Some Headspace: How Mindfulness Can Change Your L ...pdf](#)

Download and Read Free Online Get Some Headspace: How Mindfulness Can Change Your Life in Ten Minutes a Day Andy Puddicombe

From Reader Review Get Some Headspace: How Mindfulness Can Change Your Life in Ten Minutes a Day for online ebook

Graham Sharpe says

Several years ago I suspended my cynicism, switched off my mobile phone and went on a two-day meditation course. After an awkward forty-eight hours of chanting, bell ringing and deathly silences I was sent home with a personal mantra and a recommendation to practice 'doing it' for thirty minutes twice a day. Guess what happened? I didn't do it. Every time I sat down, hoping to find calm, I ended up compiling mental to-do lists. When the time was up I'd leap out of the chair feeling frantic and annoyed that I'd wasted half an hour of my life. Over the years I've read other books on the subject and dipped in and out. Sometimes the advice to 'imagine my thoughts like fluffy clouds on a summer day' has worked but, more than often, it hasn't. I started reading Get Some Headspace after a friend's enthusiastic recommendation. I really like Andy's down-to-earth language and his personal stories. I can relate to his desire to manage the negative/rambling voice in his head and his initial struggles to achieve positive results from meditating. I've registered online, downloaded the app (which is brilliant because you can have a guided meditation anytime, anyplace), and I'm enjoying my ten minutes everyday. I think this system works because it offers accessible support and encouragement and it enables me to easily incorporate meditation into a busy day. To my amazement, I'm beginning to think ten minutes isn't long enough!

Ralf Kruse says

This book helped me to understand meditation and mindfulness in a better way, plus it motivated me to practice.

I highly appreciate the authors way to bring over his points from the underpaying intention and his combination with great stories.

Highly recommend this book, if you want to understand the meaning of mindfulness and mediation.

Emily says

A great overview of the whys of meditation

This was recommended to me as part of a 30 challenges to enlightenment program I am experimenting with. Though I've been meditating on and off for the last few years and regularly over the last few months, this book helped me deepen my practice and further understand the reasons for the meditation activities I've been doing. He may have even inspired me to take some time in a monastery sometime in the future, though he makes it clear that's in no way a requirement to a mindful life. I recommend this book for both novice and experienced meditators.

Kresimir Mudrovic says

It is the best book about meditation I've read so far. It has lots of practical examples and advice, great analogies and is written in the easy to digest way. I would recommend this book to anyone interested in

meditation and mindfulness.

Elizabeth says

Wow. I sort of cannot believe how much I liked this book. I have *never* been good at quieting my mind and that was BEFORE having kids. And since? It is so noisy- I want a break from my thoughts. Enter this book. I think I read somewhere that meditation is a gym membership for the mind. It's true, guys! I have downloaded the **Headspace** app and I LOVE it. It is perfect for a beginner like me b/c the app uses guided meditation. All it requires is ten minutes of your time a day. And after that ten minutes? So relaxed.

Brad Feld says

My exploration into meditation continues. I started on February 5th when I wrote the post Learning To Meditate. Since then, I've been practicing every day, read a few books on meditation, talked to a lot of people about it, and explored several iPhone / web apps.

The impact on me has been awesome.

After talking to Jerry Colonna for a few hours about meditation on the snowy Sunday after I started, he recommended I take a look at Headspace. I signed up that night and started doing the Take10 meditations. For the first few days, I did it once a day, but then quickly starting practicing twice a day, once in the morning and once before I went to bed. Occasionally I'd toss in another session at lunch time, although sometimes I just did a silent meditation instead for 10 to 15 minutes.

After about a week I was deeply hooked. I grabbed the iPhone GetSomeHeadspace app and untethered myself from my desk. We've got a meditation room in our new house and even though it's very sparse right now (just one sitting pillow), it's a magnificent sanctuary for my meditation.

I noticed that Andy Puddicombe, the founder of Headspace, had written a book called Get Some Headspace: How Mindfulness Can Change Your Life in Ten Minutes a Day. I downloaded it and read it last night and this morning. Since I'm deep into the Headspace program, a lot of it was familiar to me. But Andy's description of his own meditation journey is fascinating, and reinforces a lot of things he guides you through in the Headspace program.

Near the end, he has a great chapter on different forms of meditation beyond sitting. He covers walking, sleeping, eating, and running. These are forms that intrigue me, especially since I run a lot, eat too fast, and am exploring different sleep patterns.

Overall, the book is a nice addition to the Headspace program. If you are intrigued about meditation, it's a fast, easy, helpful read. But there's nothing like just practicing. For that, I recommend you hop on line and try the free Headspace Take10 program.

Arek says

The book works well as an introduction to mindfulness or an extension the the Headspace app. Lots of the examples and comparisons from the regular meditations are extended in the book. That gives a more vivid picture of mindfulness. It is also a personal story of how the approach to meditation evolved in the author. I can higly recommend the audiobook version.

Kim says

I wasn't surprised that I loved this book, because I loved Andy's TED talk and have recently started using the Headspace website to learn to meditate. I decided to pick up this book to learn more about the approach to meditation and how to integrate mindfulness in my daily life.

The book really hit those topics without being overly clinical (it even managed to make me laugh a couple times). I especially recommend it for beginners to meditation who are unsure that they have the time or patience to begin. After all, the theory of Headspace is that it starts with just ten mindful minutes a day!

Danielius Debesyla says

Nors daug žodži?, bet mintys - geros.

Paskatino prad?ti medituoti, pad?jo suprasti, kad tai n?ra s?d?jimas sud?jus rankas (ir užsimerkus), kad tai - kiekvienos akimirkos išnaudojimas, d?mesingumas aplinkai.

Prad?jau medituoti ir važiuodamas automobiliu, ir darydamasis valgyti, ir meditavau kart? (nes daugiau dar neteko) laukiant eil?s už šeimos gydytojos dur? poliklinikoje.

Tikrai gera.

Paula Kalin says

Wonderful stuff. Everyone should listen to this guy. Mindfulness makes so much sense. I downloaded the app after GR friend Elizabeth spoke so highly of the book. After the 10 minutes of guided meditation a day, your mind feels nice and relaxed.

Highly recommend.

5 out of 5 stars.

Gabriel Deak says

An amazing introduction and step-to-step guide to mindfulness and meditation.

After having read The Power of Now (by Eckhart Tolle) I really felt inspired to get more into spirituality and meditation, however that book lacked an extensive how to guide. Then I found the Headspace app (also by Andy Puddicombe) with guided meditation sessions which really helped me get into meditation and mindfulness. I read "Get some Headspace" on the side which helped me improve my meditation even better!

You don't have to use the app to read this book, this book is great on its own and will help you to get started into meditation and mindfulness. He explains how mindfulness works, with often his personal experiences which allowed me to relate and understand the concepts and ideas he teaches. I would recommend to use the app anyway (even if you only stick to the free 10 min sessions).

The only thing I disliked about the book is containing outdated links to the headspace website with video examples and/or guided meditations (maybe I have an older book?). The links work, but his website is updated and the links don't get you straight to where you need to be. I have the app on my phone so I have seen/listened the examples on there before, so I never felt the need to search through his website anyway.

Mandy says

I found this book very entertaining, but I had two problems with it. One problem was that in listening to the vast amounts of meditation practice that Andy Puddicombe has undergone (he has stayed in many monasteries for a year or so where 18 days practice is common), I could not help but wonder how I was supposed to get to the same place as him in 10 minutes a day. I tend to meditate with dogs and a cat jumping on and off my lap, the cat, which is not a particularly cuddly cat, becomes a cuddly cat when I meditate, and pushes his head into my hands, purring loudly.

Reading about the peace and quiet or practice in a monastery really did make me long to go. And going is not an option.

The other problem is that I have problems creating a vision of something described in writing. I need to see it in action to understand it. My friend Nicki said that she wished that she had read this book before she began to use Andy's meditation website. I was so very glad that I was using the meditation practice, as I struggled a bit with the concepts, but at least I had some practice to tie the concept to.

Emily says

Another meditation book that reeks of practicality. Only issue is the preaching to the choir first 3/4's of the book. If you pick a book up on meditation, obviously you understand its benefits.

Devo62 says

Beginners Only!!

This book contains very basic information on mindfulness and meditation. If you are a beginner or have been having trouble following a practice, this may contain the guidance you need. I was a little upset about the blatant commercialism of this book. The use of cute copyrighted terms like "headspace©" and "Take10©" turned me off. The book also repeatedly references the author's website where very little information is available without registering. It looked and smelled like a moneymaking machine that I would prefer to avoid. I did enjoy reading about the author's experiences as a Buddhist monk, especially the "Screaming Man

Story".

Jacopo says

Mi sono avvicinato titubante alla lettura di questo libro, temendo fosse basato su spicci concetti new-age, ma ho voluto fidarmi dell'autore — "conosciuto" grazie al programma Headspace — e credo di aver fatto davvero bene.

Questo non è un libro sulla meditazione: è IL libro sulla meditazione; se dovessi consigliare ad una persona interessata a tale pratica una lettura introduttiva, sicuramente farei il nome di questo volume. Lo stile è estremamente lineare e piacevole, si ha la sensazione di stare colloquiando amichevolmente con un maestro di meditazione, ma non uno di quei criptici monaci buddisti che parlano ad indovinelli, bensì un ragazzo dotato di grande empatia che trasmette tutta la sua esperienza con le parole.

L'autore è un trentenne inglese che, poco dopo i 20 anni, decide di partire alla volta dell'Asia per farsi monaco e imparare a dominare la sua mente tramite la meditazione. Nel libro vengono raccontati diversi aneddoti, rendendolo diverso da un classico manuale e più simile ad un'autobiografia; tramite queste storie Andy (l'autore) prepara il terreno per una maggiore comprensione della pratica meditativa, rendendo il lettore più suscettibile ad un corretto approccio alla disciplina.

Ovviamente è pur sempre un manuale, quindi vi sono delle parti in cui viene spiegato **come** meditare, ma suggerisco di leggerlo dall'inizio alla fine, prima di imbarcarsi nella pratica.

Il libro ha un neo: è una gigantesca marchetta per l'attività primaria di Andy Puddicombe, la fondazione Headspace. Viene nominata e sponsorizzata diverse volte durante il manuale e francamente l'ho trovato un po' irritante. Il progetto Headspace è comunque molto valido, soprattutto per i principianti e, siccome il programma di base è disponibile in forma gratuita, mi sento di suggerirlo tanto quanto il libro stesso.

Per chi se lo chiedesse: il titolo italiano è 'Libera la mente'.
