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By Jonathan S. Kaplan, ... sensations, and perceptions as manifest moment-to-moment (Kaplan, 2010)--has exploded over the past 3 decades. From its integration into formal psychotherapies to neuroimaging studies of its ... Kaplan, J. (2010) Urban Mindfulness: Cultivating Peace, Presence, and Purpose in the Middle of It All. New Harbinger ...

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In 2010, I wrote my first book, Urban Mindfulness: Cultivating Peace, Presence, and Purpose in the Middle of It All. This book provides practical tips for stress relief based on the difficulties and opportunities available to those of us who live and work in the city.

6/5/2013 · Dogs are great practitioners of mindfulness, according to Jonathan Kaplan, PhD, author of Urban Mindfulness: Cultivating Peace, Presence, and Purpose in the Middle of It All. Besides being nonjudgmental (dogs think their owners are great no matter what kind of bad hair day they are having), dogs live only in the present moment.

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It's a compendium of mindfulness tips and reflections for those of us who live and work in the city: Urban Mindfulness: Cultivating Peace, Presence, and Purpose in the Middle of It All. Thanks for ...

In order to help people beyond the confines of our office, Dr. Kaplan stays active through writing and public speaking. Occasionally, his work gets noticed by the press, too. Here is a sample of his work so far: Books. Urban Mindfulness: Cultivating Peace, Presence, and Purpose in the Middle of It All (published by New Harbinger in November 2010).

3/5/2011 · That's where two recently published books come in. Real Happiness: The Power of Meditation, by Sharon Salzberg, and Urban Mindfulness: Cultivating Peace, Presence & Purpose in the Middle of It All, by Jonathan S. Kaplan, both offer some simple, practical tips for becoming more mindful, even in unlikely circumstances.

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Mindfulness is a meditation technique that involves attending to the present moment, without reference to past or future, and without judgment. In the “radical acceptance” of the present it prescribes, mindfulness is a practice concerning one's

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