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Why Can't I Meditate?: How to Get Your Mindfulness Practice on Track

Nigel Wellings

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Why Can't I Meditate?: How to Get Your Mindfulness Practice on Track Nigel Wellings
An accessible guide from an expert on Mindfulness on how to get the most out of meditation--and make the practice a permanent part of your daily life.

Meditation is supposed to be a practice that's relaxing and beneficial...so why is it so hard to commit to?

While many people have taken workshops in meditation, a significant number don't maintain their practice for long after the class is finished. Mindfulness can help us relax and is great for coming to grips with thoughts that make us depressed or anxious, but it can also bring us into a more intimate relationship with ourselves--a prospect that can make some feel uncomfortable. Yes, lots of good things come out of meditation practice, but keeping it up is challenging.

This is where *Why Can't I Meditate?* comes in. Full of practical ways to help our mindfulness practice flourish, it also features guidance from a wide spectrum of secular and Buddhist mindfulness teachers, and personal accounts by new meditators on what they find difficult and what helps them overcome those blocks. It takes what is boring, painful, or downright scary about meditating and shows how these struggles can become an invaluable part of our path. If you have been considering meditating but doubted your ability, if you are having a hard time continuing, or if you've reluctantly stopped, *Why Can't I Meditate?* will help you get your mindfulness practice back on track.

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