

## This is Happening: Redesigning mindfulness for our very modern lives



In *This is Happening*, Rohan Gunatillake, creator of the best-selling buddhify app, argues that to lead more mindful, calm and happy lives, switching off is the last thing we need to do. Instead he gives you the ideas, principles and techniques to bring awareness, composure and kindness to wherever you are and whatever you are doing. Filled with over sixty practical exercises which you can plug into your life straight away, the book's mobile mindfulness approach presents a way to get the benefits from meditation however busy your life is.

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