Contents

Acknowledgments xi

Part 1 – Mindfulness

Chapter 1: Overview 3
Chapter 2: An Introduction to Mindfulness Meditation 13
Chapter 3: Mindfulness Techniques 34
Chapter 4: Five Hindrances that Impede Success 63
Chapter 5: Discovering Your Life Purpose 76

Part 2 – Mindful Leadership

Chapter 6: Be Present 93
Chapter 7: Be Aware 107
Chapter 8: Be Calm 117
Chapter 9: Be Focused 127
Chapter 10: Be Clear 133