

Strive Mindfulness Newsletter

March 2017

Mindfulness is about bringing one's complete attention to the present experience on a moment-to-moment basis.

Fact of the Month

Research by Daniel Stern has found that our experiences of an “uninterrupted now” are moments that typically last 1-10 seconds, with some exceptions for very experienced meditators.

Retrieved from <https://www.psychologytoday.com/blog/what-matters-most/>



Images retrieved from <http://www.mindfullymeapp.com/>

Article of the Month

“Just Say Om”

By Joel Stein | August 4, 2003

Refer to attached article

App of the Month

Mindfully Me

Link: <http://www.mindfullymeapp.com/>

Engaged People Thriving at Work

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