



Life with Full Attention: A Practical Course in Mindfulness

Maitreyabandhu

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Each moment of mindfulness creates the opportunity for greater spaciousness and joy. In *Life with Full Attention*, readers will learn to really relish pleasures and turn gently inward in difficult times to gain a more profound depth of experience.

In this eight-week course in developing mindfulness, Maitreyabandhu gently guides readers, teaching them how to draw closer attention to experience, whether taking a shower or eating a meal, watching the rain or a sunset. With each week, he introduces a different aspect of mindfulness—among them awareness of the body, feelings, thoughts, and the environment—and recommends a number of simple practices, from trying out a simple meditation to reading a poem. Featuring personal stories, examples, and tempting suggestions, this book provides both a starting point and a great reference.

Mindfulness is a quality that enhances all experience, whether mundane or extraordinary. By applying this ancient Buddhist wisdom, Maitreyabandhu shows how we can steal back the lost moments of life.

An experienced teacher of mindfulness and meditation, **Maitreyabandhu** has been practicing Buddhism for over twenty years.



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