## **CONTENTS**

Introduction Overworked and Overwhelmed?:

	Welcome to the Mindfulness Alternative	χυ
Part	One	
	<ul> <li>Reality Bites (or Does It?): Why You Feel So Overworked and Overwhelmed</li> <li>What Does Mindfulness Even Mean Anyway?:</li> </ul>	3
	It's Simpler Than You Probably Think  What's Going on in There, and What Can You Do About It?: What You Need to Know About Your Mind-Body Operating System	15 31
Part	Two	
	Where Do You Want to Go?: Guiding Yourself with a Life GPS	47
	How Are You at Your Best?: Clarifying Your Version of Peak Performance	<i>59</i> xi

xii CONTENTS

	U	What's Their Secret?: The One Commitment You Have to Make to Yourself and How to Keep It	77
Part	Th	iree	
	7	You Are What You Repeatedly Do: How the Right Routines (for You) Help You Show Up at Your Best	103
	8	It Starts with the Body: The Physical Routines That Make You More Mindful	115
	9	A Beautiful Mind: The Mental Routines That Reduce Clutter and Increase Focus	131
1	0	In Right Relationship: The Relational Routines That Connect You with the Bigger Picture	151
1	1	What's Your Purpose Here, Anyway?: The Spiritual Routines That Build Perspective	173
1	2	Making It Work: Tips for Following Through (And for Rapid Recovery When You Don't)	193
Part	Fo	our	
1	3	What Are You in It For?: Clarifying Your Outcomes at Home, at Work, and in the Community	<i>207</i>

Contents xiii

14	Continuing with Your Mindfulness Alternative: Some Lessons Learned for Your Journey	223
	Appendix: Coach's Corner Compendium	237
	Notes	243
	Acknowledgments	249
	About the Author	253
	Index	255