

## **Meditation, Yoga and other Body/Mind Practices.**

You don't have to be a meditator or a yogini to be more mindful, but these practices sure help. Among the significant benefits of regular practice: less anxiety and stress, more focus, deeper awareness of the body and its messages, and the ability to observe your stories and emotions as they arise and dissipate, instead of getting stuck in them.

**Yoga.** Nothing beats in-person yoga classes, but there are some excellent apps out there (I like [Yoga with Adriene](#) on YouTube). Benefits: strength, flexibility, balance, steadiness. I've never done Tai Chi or QiGong, but they also bring body and mind together.

**Meditation.** I am a big fan of ABC newsman, Dan Harris, who wrote *10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works—A True Story*. (Dey Street Book, 2019). Think of it as a skeptic's guide to the power of a meditation practice. His popular weekly podcast, [Ten Percent Happier](#), is really terrific. He is an engaging host and his guests are always topnotch. I use his meditation app every day. Many different brilliant teachers, and guided meditations for just about every situation. *Headspace* is also a good one for the beginning meditator.

My other favorite meditation app is Sam Harris's *Waking Up*. Sam and his app are pretty cerebral, as are his deep dive interviews with other teachers, philosophers, neuroscientists, and zen practitioners. Still, lots to ponder.

Eckhart Tolle's book, *The Power of Now*, and his appearances on *Oprah!* from a few years ago are mind-opening, for sure. If you were wondering what it's like to not be attached to your story!