

*'This amazing book gives you the tools and techniques you need to relax at will under any circumstances.'* - Brian Tracy, author of How Top Leaders Lead

# Relaxation

FOR

# DUMMIES<sup>®</sup>

## Learn to:

- Understand the importance of relaxation for your mind and body
- Integrate exercise into your everyday life
- Find opportunities for relaxation at home and in the workplace

**Shamash Alidina, MEng  
MA(Ed)**

*Mindfulness Consultant, Keynote  
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**by Shamash Alidina**

**Foreword by Cary L. Cooper**



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# About the Author

**Shamash Alidina** is a stress management expert, mainly using a scientifically researched approach called mindfulness. He is a renowned mindfulness trainer and consultant in the UK. A bestselling author of *Mindfulness For Dummies*, he regularly features on national television, radio, newspapers and magazines. Shamash has taught mindfulness in a secular way for over a decade. Previously he taught in schools where all the children practised meditation and mindfulness techniques on a daily basis.

Shamash holds two Masters degrees – in Engineering and Education. He trained in the clinically researched approach called Mindfulness-based Stress Reduction through the Center for Mindfulness in Massachusetts, USA and at the Centre For Mindfulness at Bangor University, which is part of its School of Psychology.

Shamash runs his own successful training organisation, [LearnMindfulness.co.uk](http://LearnMindfulness.co.uk). He teaches mindfulness professionally to the general public, coaches, therapists, clinicians, trainers and corporate organisations, both in-person and through distance learning programmes accessible to all. He has trained in managing workplace stress and regularly coaches executives in mindfulness for optimising performance, creativity, decision-making and for reducing stress. He has taught mindfulness all over the world, including the Middle East, the Far East, the US and Europe.

Shamash currently lives in London and occasionally New York.

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# Dedication

I would like to dedicate this book to my wonderful grandma and grandpa who taught me so much about the value of culture, community and family. They both recently passed away. May they rest in peace.

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