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# The Here-and-Now Habit: How Mindfulness Can Help You Break Unhealthy Habits Once and for All

By Hugh G. Byrne PhD



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**The Here-and-Now Habit: How Mindfulness Can Help You Break Unhealthy Habits Once and for All** By Hugh G. Byrne PhD

**Bad habits can take a hefty toll on your health and happiness. In *The Here-and-Now Habit*, mindfulness expert Hugh Byrne provides powerful practices based in mindfulness and neuroscience to help you rewire your brain and finally break the habits that are holding you back from a meaningful life.**

Have you found yourself doing something and thinking, *Why do I keep doing this?* We all have an unhealthy habit—or two, or three. Yours may be as simple as wasting time on the Internet, constantly checking your e-mail, or spending too much time in front of the TV. Or, it may be more serious, like habitual drinking, emotional overeating, constant self-criticism, or chronic worrying. Whatever your harmful habit is—you have the power to break it.

*The Here-and-Now-Habit* provides proven-effective techniques to help you stop existing on autopilot and start *living* in the here and now. You'll learn how to cultivate mindfulness to calm and focus your mind, be aware of thoughts without identifying with them or believing they are true, deal with difficult emotions, and clarify your own intentions regarding unhealthy habits by asking yourself, *What do I want? How important is it to me to make this change?*

By learning to pay attention to your thoughts and actions in the moment, you'll discover how to let go of old patterns and create healthier habits and ways of living that will make you feel *good* about yourself. And when you feel good about you, you can do just about anything.



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- Sales Rank: #20559 in Books
- Brand: imusti
- Published on: 2016-03-01
- Original language: English
- Number of items: 1
- Dimensions: 8.90" h x .60" w x 6.00" l, .0 pounds
- Binding: Paperback
- 224 pages



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### Editorial Review

#### Review

“A wonderful thing about *The Here-and-Now Habit* is that it not only tells you *that* you can change, it tells you *how* to actually do it. Hugh G. Byrne brings together contemporary science, ancient teachings, and his own experience to help his readers learn to suffer less by changing unskillful habits—what a generous gift!”  
—**Sharon Salzberg**, author of *Lovingkindness* and *Real Happiness*

“Practical and profound, this book shows how to use modern neuroscience combined with ancient wisdom to end harmful habits and grow helpful ones. With brief, doable exercises, hopeful perspectives, concrete examples, and friendly support, Hugh G. Byrne offers both freedom from old ‘stuckness’ and the cultivation of a strong and happy heart.”  
—**Rick Hanson, PhD**, author of *Buddha's Brain*

“What you will appreciate in this simple yet profound book is that all of life is habit. Just as we have developed habits over time, we can exchange, improve, and transform habits through understanding and mindfulness practices. This refreshing read offers guidance that nurtures our capacity to be present, and to cultivate a quality of awareness crucial to transcending habitual reactivity, conflict, and harm. A must-read for those willing to witness their lives and deepen their personal and relational well-being.”  
—**Ruth King**, author of *Healing Rage* and *Mindful of Race*

“Hugh G. Byrne’s book, *The Here-and-Now Habit*, is one of the best books I know on learning how to apply mindfulness to our everyday life. There are many books on mindfulness. The unique thing about Byrne’s book is that he clarifies the meeting place of mindfulness and the formation of habits. This is the book I would recommend for those who want to use mindfulness to change unhealthy habits and create healthier ones.”  
—**Loch Kelly**, author of *Shift into Freedom*

“If you want to change your habits and become happier and more free, try the practical mindfulness and wise instruction of *The Here-and-Now Habit*.”  
—**Jack Kornfield**, author of *A Path with Heart*

“*The Here-and-Now Habit* weaves together the rigor of science and the wisdom of mindfulness to support the cultivation of healthy habits and the release of unskillful ones. Hugh G. Byrne draws on decades of personal meditation practice to offer us an illuminating work that welcomes a new way of living that has the power to transform our individual and collective lives.”  
—**Shauna Shapiro, PhD**, coauthor of *The Art and Science of Mindfulness*

#### About the Author

**Hugh G. Byrne, PhD**, is a guiding teacher with the Insight Meditation Community of Washington (IMCW), and cofounder of the Mindfulness Training Institute of Washington. He has worked extensively in the fields of human rights and social justice, and is committed to advocating the benefits of mindfulness and other contemplative practices to help relieve the suffering of the world. He teaches classes, retreats, and workshops in the United States and internationally. Byrne resides in Silver Spring, MD.

Foreword writer **Tara Brach, PhD**, has been practicing meditation since 1975 and leads Buddhist meditation retreats at centers in North America and Europe. She is a clinical psychologist and author of *Radical Acceptance* and *True Refuge*.

## **Users Review**

### **From reader reviews:**

#### **Guadalupe Leatherman:**

Have you spare time for a day? What do you do when you have more or little spare time? Yes, you can choose the suitable activity intended for spend your time. Any person spent their spare time to take a move, shopping, or went to typically the Mall. How about open or read a book called The Here-and-Now Habit: How Mindfulness Can Help You Break Unhealthy Habits Once and for All? Maybe it is being best activity for you. You know beside you can spend your time along with your favorite's book, you can more intelligent than before. Do you agree with it is opinion or you have various other opinion?

#### **Thelma Atkins:**

A lot of people always spent their free time to vacation or perhaps go to the outside with them friends and family or their friend. Do you know? Many a lot of people spent they will free time just watching TV, or maybe playing video games all day long. In order to try to find a new activity honestly, that is look different you can read the book. It is really fun for you personally. If you enjoy the book that you read you can spent the whole day to reading a guide. The book The Here-and-Now Habit: How Mindfulness Can Help You Break Unhealthy Habits Once and for All it is extremely good to read. There are a lot of people that recommended this book. These folks were enjoying reading this book. In the event you did not have enough space to create this book you can buy the particular e-book. You can m0ore very easily to read this book from a smart phone. The price is not to fund but this book possesses high quality.

#### **Haley Thacker:**

This The Here-and-Now Habit: How Mindfulness Can Help You Break Unhealthy Habits Once and for All is fresh way for you who has intense curiosity to look for some information because it relief your hunger details. Getting deeper you onto it getting knowledge more you know otherwise you who still having bit of digest in reading this The Here-and-Now Habit: How Mindfulness Can Help You Break Unhealthy Habits Once and for All can be the light food in your case because the information inside that book is easy to get by means of anyone. These books create itself in the form which can be reachable by anyone, sure I mean in the e-book type. People who think that in book form make them feel drowsy even dizzy this e-book is the answer. So there is not any in reading a book especially this one. You can find what you are looking for. It should be here for anyone. So , don't miss the idea! Just read this e-book variety for your better life in addition to knowledge.

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