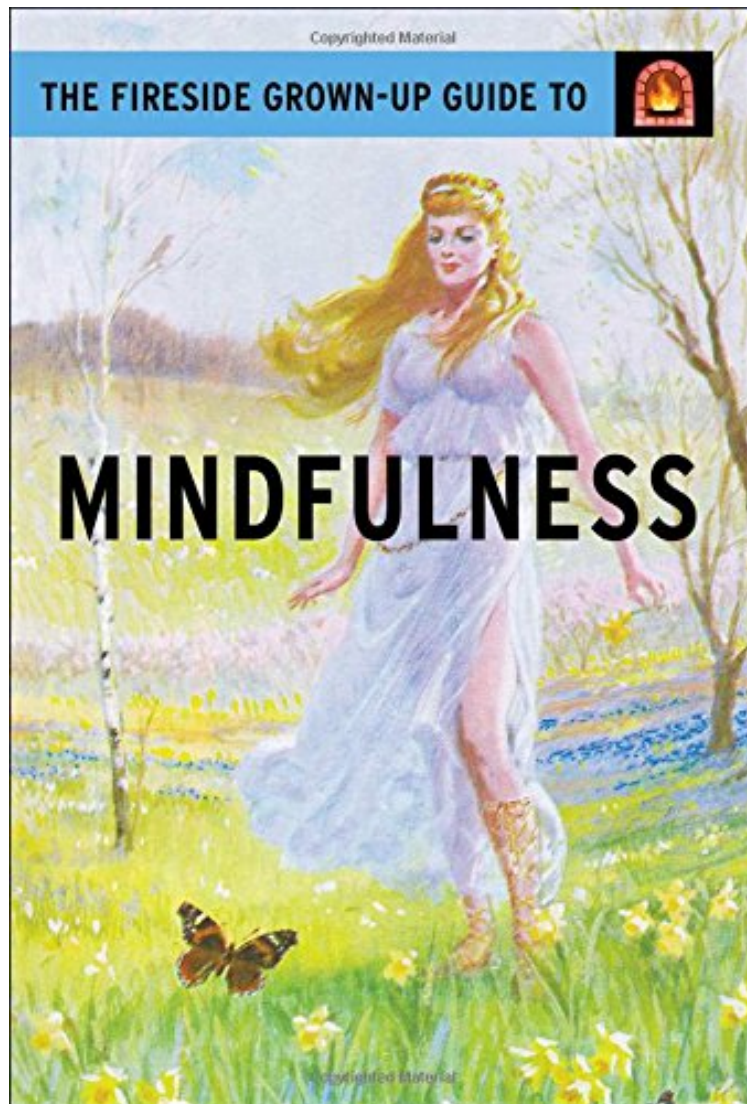


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## The Fireside Grown-Up Guide to Mindfulness

Jason Hazeley, Joel Morris

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**Jason Hazeley, Joel Morris : The Fireside Grown-Up Guide to Mindfulness** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Fireside Grown-Up Guide to Mindfulness:

0 of 0 people found the following review helpful. Funny information on mindfulnessBy CustomerIf you are interested in serious mindfulness, this is not for you. But if you like to laugh I recommend it.1 of 1 people found the following review helpful. "Mindfulness... Doing Something When You Are Doing Nothing"By Pop BopThe books in this series are published in the U.K. as "Ladybird Books for Grown-Ups" and in the U.S. as "The Fireside Grown-Up Guides". Since 1914 the Ladybird books have been published for children. In 2015 Ladybird began to publish "Ladybird Books

for Grownups", which are parodies of their own children's books. They follow the style, artwork and layout of the children's books but address such topics as hangovers, dating, husbands, hipsters and the like. As you can imagine, adults in the U.K. who grew up with Ladybird books take particular delight in these parodies of such familiar books. The "Fireside Grown-Up Guides" are now being published in the U.S. by Simon Schuster, and are fairly faithful adaptations, (e.g. the book of "Mum" is now the book of "Mom", and so on), and are quite amusing even if you aren't familiar with the Ladybird style they parody. Either way you can find them, as Ladybirds or as Fireside Grown-Up Guides, these books are a hoot. My first book was the Guide to "the Mom", and it was clever, edgy, funny, and just a bit pointed. Some other Guides I've seen, (especially "Husbands" and "Hangovers"), are a little broader in their approach, and struck me as about half predictable and half oddly insightful. The authors, (who are television comedy writers in their slightly more "real" lives), have mastered the exaggerated-but-true approach to humor, and their pithy little observations about that fellow squatting under a tree are likely to raise a smile. The great appeal of the "Mindfulness" book is that the whole mindfulness movement lends itself to especially snarky comment. Indeed, the target seems almost too easy. But, you take your parody targets where you find them and this book, again, hits the wicked bulls-eye about half the time, and the cheerfully amusing ring around the bullseye the rest of the time. So, a cheerful bit of parody fun and a nice find. (Please note that I received a free advance will-self-destruct-in-x-days Adobe Digital copy of this book without a review requirement, or any influence regarding review content should I choose to post a review. Apart from that I have no connection at all to either the author or the publisher of this book.) 1 of 1 people found the following review helpful. Short, sharp and very funny! By Mummy This is short, sharp and very funny. I grew up with Ladybird books and they were very much a staple part of my childhood. Fast forward and I find myself reading them again, although this time they are very different. Instead of a well loved fairytale Ladybird book we now have a series that is written for adults and they are entertaining, sometime satirical but always funny. This book looks at mindfulness. Mindfulness to me is a kind of meditation and it has a growing popularity but as with all that is new and trendy, it can seem rather ridiculous especially when the meaning is lost or it just becomes another fad. This very short volume pokes fun at the kind of mindfulness that is a buzz word and it does so using short, witty observations and images which have a Ladybird book style. Very amusing for anyone who has an irreverent sense of humour. Copy provided by Touchstone publishers via Netgalley

The international publishing phenomenon and ridiculously funny new parody series that helps grown-ups learn about the world around them using large clear type, simple and easy-to-grasp words, frequent repetition, and thoughtful matching of text with pictures. Have you been having trouble with the How, Why, and Wheres? Well fear no more. The Fireside Grown-Up Guide series understands that the world is just as confusing to a forty-year-old as it is to a four-year-old. We're here to help and break down the most pressing and complex issues of our day into easy-to-digest pieces of information paired with vivid illustrations even a child could understand. Mindfulness: the skill of thinking you are doing something, when in fact you are doing nothing. In this Fireside Grown-Up Guide to Mindfulness, we'll meet a blissful cast of characters who've learned to free themselves from unnecessary worries like work, friends, and family. When they are fired from their jobs and abandoned by their friends and family, they learn to combat their stress by practicing mindfulness, and teach us a few lessons along the way.

"Considering the ridiculousness, sadness, stress and inherent schadenfreude of growing up and adulting in this modern age, the Fireside Grown-Up Guides are a pleasant tonic — momentarily distracting, brightly-colored, dry as a perfect gin martini, and just retro enough to be cool." (NPR) About the Author Jason Hazeley is the cowriter of The Framley Examiner and the bestselling Bollocks to Alton Towers. Along with Joel Morris, he has written for a frankly stupid number of radio and TV comedy shows including Charlie Brooker's Screenwipe. He divides his time between London and the pub. Joel Morris is the cowriter of The Framley Examiner and the bestselling Bollocks to Alton Towers. Along with Jason Hazeley, he has written for a frankly stupid number of radio and TV comedy shows including Charlie Brooker's Screenwipe. He divides his time between London and the pub.