



Why Can't I Meditate?: How to Get Your Mindfulness Practice on Track

By Nigel Wellings



Why Can't I Meditate?: How to Get Your Mindfulness Practice on Track By Nigel Wellings

An accessible guide from an expert on Mindfulness on how to get the most out of meditation--and make the practice a permanent part of your daily life.

Meditation is supposed to be a practice that's relaxing and beneficial...so why is it so hard to commit to?

While many people have taken workshops in meditation, a significant number don't maintain their practice for long after the class is finished. Mindfulness can help us relax and is great for coming to grips with thoughts that make us depressed or anxious, but it can also bring us into a more intimate relationship with ourselves--a prospect that can make some feel uncomfortable. Yes, lots of good things come out of meditation practice, but keeping it up is challenging.

This is where *Why Can't I Meditate?* comes in. Full of practical ways to help our mindfulness practice flourish, it also features guidance from a wide spectrum of secular and Buddhist mindfulness teachers, and personal accounts by new meditators on what they find difficult and what helps them overcome those blocks. It takes what is boring, painful, or downright scary about meditating and shows how these struggles can become an invaluable part of our path. If you have been considering meditating but doubted your ability, if you are having a hard time continuing, or if you've reluctantly stopped, *Why Can't I Meditate?* will help you get your mindfulness practice back on track.

 [Download Why Can't I Meditate?: How to Get Your Mindfu ...pdf](#)

 [Read Online Why Can't I Meditate?: How to Get Your Mind ...pdf](#)

Why Can't I Meditate?: How to Get Your Mindfulness Practice on Track

By Nigel Wellings

Why Can't I Meditate?: How to Get Your Mindfulness Practice on Track By Nigel Wellings

An accessible guide from an expert on Mindfulness on how to get the most out of meditation--and make the practice a permanent part of your daily life.

Meditation is supposed to be a practice that's relaxing and beneficial...so why is it so hard to commit to?

While many people have taken workshops in meditation, a significant number don't maintain their practice for long after the class is finished. Mindfulness can help us relax and is great for coming to grips with thoughts that make us depressed or anxious, but it can also bring us into a more intimate relationship with ourselves--a prospect that can make some feel uncomfortable. Yes, lots of good things come out of meditation practice, but keeping it up is challenging.

This is where *Why Can't I Meditate?* comes in. Full of practical ways to help our mindfulness practice flourish, it also features guidance from a wide spectrum of secular and Buddhist mindfulness teachers, and personal accounts by new meditators on what they find difficult and what helps them overcome those blocks. It takes what is boring, painful, or downright scary about meditating and shows how these struggles can become an invaluable part of our path. If you have been considering meditating but doubted your ability, if you are having a hard time continuing, or if you've reluctantly stopped, *Why Can't I Meditate?* will help you get your mindfulness practice back on track.

Why Can't I Meditate?: How to Get Your Mindfulness Practice on Track By Nigel Wellings
Bibliography

- Sales Rank: #366223 in Books
- Published on: 2016-04-12
- Released on: 2016-04-12
- Original language: English
- Number of items: 1
- Dimensions: 8.30" h x 1.00" w x 5.40" l, .0 pounds
- Binding: Paperback
- 384 pages

 [Download Why Can't I Meditate?: How to Get Your Mindfu ...pdf](#)

 [Read Online Why Can't I Meditate?: How to Get Your Mind ...pdf](#)



Download and Read Free Online Why Can't I Meditate?: How to Get Your Mindfulness Practice on Track By Nigel Wellings

Editorial Review

Review

"*Why Can't I Meditate?* is, as far as I know, the first in-depth and pragmatic analysis of a key issue that bedevils many people who undertake the practice of meditation. It is not at all uncommon for someone to encounter a deep resistance to meditation even though they are sincerely committed to it. This important study is an invaluable handbook that provides practical guidance and advice for anyone who strives to understand and overcome the obstacles that prevent meditation from becoming an integral part of one's life."

—**Stephen Batchelor**, author of *Buddhism without Beliefs* and *Confession of a Buddhist Atheist*

"I am very happy to finally see someone writing about why people can't meditate. I've known Nigel for many years; he's a sincere practitioner who has been thinking about how to untangle the blockages in the human mind for some time now. We had a lot of discussion together about the ideas presented here and I think his book will be very useful. It's helpful to know the underlying causes of meditation problems—this book shows how to work with them."

—**Tsoknyi Rinpoche**, author, *Open Heart, Open Mind*

"People learning mindfulness often ask, 'I know mindfulness practice is helpful, how can I best establish my meditation practice?' Now I can recommend this wonderful book. Nigel Wellings offers insightful, compassionate and eminently practical guidance, based on his extensive personal experience as a teacher and practitioner and interviews with some of the most accomplished mindfulness teachers in the field."

—**Willem Kuyken**, Professor of Clinical Psychology, University of Exeter

". . . insightful and helpful. I really like the discussion of the different selves within us and how one can be in conflict with another and that people who are fearful of unknown parts of themselves, their shadow, are going to struggle with compassion, becoming caught up in conflicts and struggles in contrast to observing them as 'nature's mind at work.'"

—**Professor Paul Gilbert, PhD, OBE**, author of *The Compassionate Mind and Mindful Compassion*

"I especially appreciate the explicit kindness and compassion part of the book, it's a beautiful chapter and it unpacks very nicely the threats that people feel when they give themselves love. As we say in the MSC program, 'When you give yourself unconditional love, you discover the conditions under which you felt unloved.'"

—**Christopher Germer, PhD**, clinical psychologist and author of *The Mindful Path to Self-compassion*

"I would rate this book as essential reading for anyone who already has a meditation practice or for someone wanting to begin one. Reading it is like being in deep conversation with the author—an experienced and helpful person who really understands the process and pitfalls of meditation—and also with many others who share their experiences with refreshing honesty. The text offers the reader details of the practicalities of meditation, such as how to explore motivation to start, where and how to sit or walk, and how often, and it also offers a deep understanding of the difficulties that can be encountered in a way that is compassionate, easily understood and helpful."

—**Elizabeth Wilde McCormick**, psychotherapist and author of *Change for the Better*

About the Author

NIGEL WELLINGS is a psychoanalytic psychotherapist and author who works within a broadly contemplative perspective. He first attempted to practice mindfulness in his late teens and has been engaged with the relationship between psychotherapy and meditation for the last forty years. He lives in Bath and is a teacher on the Bath and Bristol Mindfulness Courses.

Users Review

From reader reviews:

Antione Wilson:

Do you have favorite book? In case you have, what is your favorite's book? Publication is very important thing for us to understand everything in the world. Each publication has different aim or even goal; it means that guide has different type. Some people experience enjoy to spend their time and energy to read a book. These are reading whatever they acquire because their hobby is reading a book. Why not the person who don't like examining a book? Sometime, particular person feel need book when they found difficult problem or even exercise. Well, probably you will want this Why Can't I Meditate?: How to Get Your Mindfulness Practice on Track.

Mark Vandyke:

As people who live in typically the modest era should be revise about what going on or info even knowledge to make these individuals keep up with the era which is always change and make progress. Some of you maybe will certainly update themselves by studying books. It is a good choice for yourself but the problems coming to you is you don't know what type you should start with. This Why Can't I Meditate?: How to Get Your Mindfulness Practice on Track is our recommendation so you keep up with the world. Why, because this book serves what you want and need in this era.

Kathi Adamo:

You may spend your free time to see this book this e-book. This Why Can't I Meditate?: How to Get Your Mindfulness Practice on Track is simple to create you can read it in the area, in the beach, train in addition to soon. If you did not include much space to bring the particular printed book, you can buy typically the e-book. It is make you simpler to read it. You can save typically the book in your smart phone. And so there are a lot of benefits that you will get when one buys this book.

Wm Schroeder:

A lot of publication has printed but it differs. You can get it by world wide web on social media. You can choose the top book for you, science, comedy, novel, or whatever simply by searching from it. It is identified as of book Why Can't I Meditate?: How to Get Your Mindfulness Practice on Track. You can include your knowledge by it. Without causing the printed book, it may add your knowledge and make you happier to read. It is most essential that, you must aware about publication. It can bring you from one destination to other place.

**Download and Read Online Why Can't I Meditate?: How to Get Your Mindfulness Practice on Track By Nigel Wellings
#LT6FZRC8UMB**

Read Why Can't I Meditate?: How to Get Your Mindfulness Practice on Track By Nigel Wellings for online ebook

Why Can't I Meditate?: How to Get Your Mindfulness Practice on Track By Nigel Wellings Free PDF download, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Why Can't I Meditate?: How to Get Your Mindfulness Practice on Track By Nigel Wellings books to read online.

Online Why Can't I Meditate?: How to Get Your Mindfulness Practice on Track By Nigel Wellings ebook PDF download

Why Can't I Meditate?: How to Get Your Mindfulness Practice on Track By Nigel Wellings Doc

Why Can't I Meditate?: How to Get Your Mindfulness Practice on Track By Nigel Wellings Mobipocket

Why Can't I Meditate?: How to Get Your Mindfulness Practice on Track By Nigel Wellings EPub