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Based on the techniques of Mindfulness-Based Cognitive Therapy, the unique program developed by Williams and his colleagues, the book offers simple and straightforward forms of mindfulness meditation that can be done by anyone — and it can take just 10-20 minutes a day for the full benefits to be revealed. Get your free downloads here:

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Michael Townsend Williams, an adman turned yoga teacher and mindfulness coach, is an advocate of ‘welldoing’ - leading a busy and productive life, but not at the expense of our health and wellbeing. And key to this? Our breath. The crucial link between mind and body, our breath reflects what we’re dealing with at any given moment.

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Michael Townsend Williams, an adman turned yoga teacher and mindfulness coach, is an advocate of ‘welldoing’ - leading a busy and productive life, but not at the expense of our health and wellbeing. And key to this? Our breath. The crucial link between mind and body, our breath reflects what we’re dealing with at any given moment.

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