



# Mindful London: How to Find Calm and Contentment in the Chaos of the City

*Tessa Watt*

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**The best green spaces to visit, architectural details to notice, hideaways to retreat to, and tips for being present in a meaningful way when visiting or living in London**

For Londoners and visitors looking to enhance their experience of the city, and for those curious about mindfulness, this is an essential guide, offering quiet and peaceful places to retreat to in the middle of the chaos, from the silence and sanctuary of libraries, museums, and churches to the rejuvenating influence of nature found in London's myriad green spaces and waterways. It also includes suggestions for things to do that will help you de-stress and re-energize, from yoga and tai chi to wild swimming and other more restorative forms of exercise to mindful ways to appreciate London's architecture, art, and music, as well as the city's more informal sights and sounds. However, mindfulness is really all about being more present, awake, and aware in all elements of our daily lives. At the core of this book you will find simple mindfulness exercises, reflections, and reminders that are easy to incorporate into a busy day: on the Tube, bus, or walking to work; while eating a quick lunch; working out at the gym; waiting in a line; or at the red light. *Mindful London* is the secret to living a more balanced life in the big city.

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