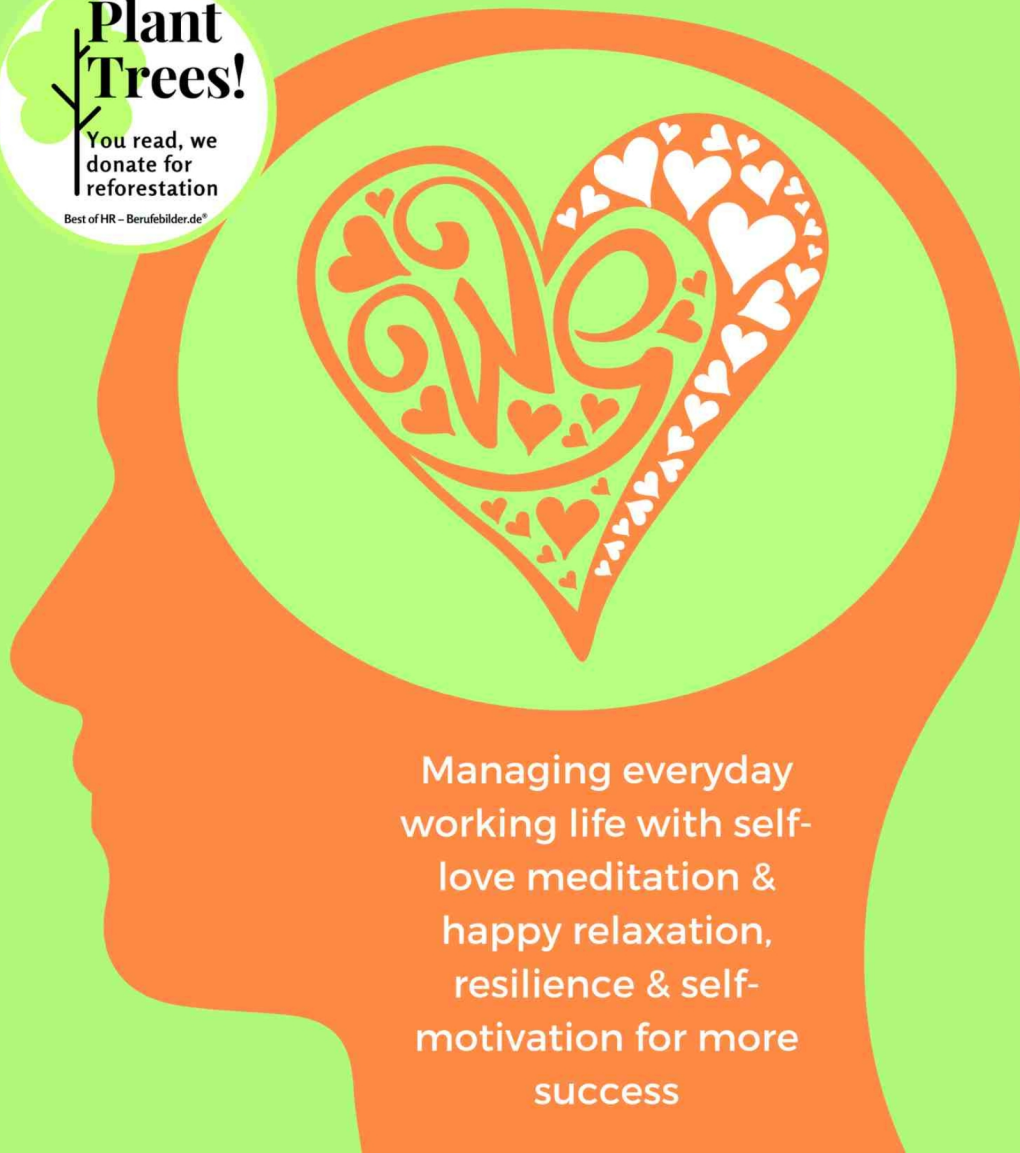


RELAXED & STRESS-FREE LIVING &  
WORKING WITH

# MINDFULNESS

*Simone Janson (ed.)*



Managing everyday  
working life with self-  
love meditation &  
happy relaxation,  
resilience & self-  
motivation for more  
success

# **Relaxed & Stress-Free Living & Working with Mindfulness**

Managing everyday working life with self-love meditation & happy relaxation, resilience & self-motivation for more success

*Simone Janson (ed.)*

Published by Best of HR - Berufebilder.de®

# Table of Contents

## Imprint

Introduction: Information, Experiences of Success, Inspiration - you'll find all that in this Book

Achieve Goals Interactively: Awards, Press Reviews, Customer Feedback  
Your Benefit in concrete Terms: Content, Organization and Structure of the Book

Information as desired with Membership Discounts, eCourses, Workbooks,  
and custom, individual eBooks

Successfully use the AI Extension to the Book for your Goals and to make Money

Experience Success and Inspiration: Discover your Way and support Sustainability

Happiness Satisfaction Self-love: 10 tips for more zest for life // By Roland Arndt

Finding friends, realizing potential: trust creates dedication // By Jörg Romstötter

Mindfulness Motivation and Contentment: 3 X 3 Tips for Gratitude // By Simone Janson

Success with the right attitude: accepting fear, unfolding potential // By Marc M. Galal

TALK | Professor Dr. Petra Jansen, Department of Sports Science, University of Regensburg: emotion control, career goals and women // By Simone Janson

Digital Detox and Mental Fasting: 9 Tips for Shut Down // By Simone Janson

Buddhism and Meditation Meets Management: 2 X 2 Tips for Organizational Development Strategy // By Valentine Wolf-Doettinchem

Mindfulness and meditation in digitization: More concentration and information processing // By Michael Lubomirski

7 tips for new contacts, mindfulness and empathy: strong together! // By Simone Janson

Learn mindfulness in everyday life - 3 X 10 tips: Let go of stress with simple exercises // By Simone Janson

Let go of fear & live free: checklists & self-assessment // By Marie-France & Emmanuel Ballet de Coquereaumont

Breathing against fear, stress and panic: the Buteyko method // By Patrick McKeown

Conclusion: How to expand your Knowledge and Experience with interactive AI and discounted Add-on offers for free.

## Authors Overview

Patrick McKeown

Marie-France & Emmanuel Ballet de Coquereaumont

Michael Lubomirski

Valentine Wolf-Doettinchem

Mark M. Galal

Jörg Romstötter

Roland Arndt

Simone Janson

[Profound Expert Knowledge, Quality Assurance and AI: The Concept of Publisher of the Year Best of HR - Berufebilder.de®](#)  
[Appendix: Tips and Prompts for using the AI Extensions](#)

# Imprint

The German National Library lists this publication in the Deutsche Nationalbibliografie; Detailed bibliographic data are available on the Internet at <https://dnb.dnb.de>.

ISBN of the German eBook edition: 9783965962262

ISBN of the English eBook edition: 9783965962279

**German website of the publisher:** <https://berufebilder.de>

**English website of the publisher:** <https://best-of-hr.com>

Relaxed & Stress-Free Living & Working with Mindfulness

4th completely revised and extended edition, 10.01.2024

©2024 by Best of HR - Berufebilder.de®, a brand of Janson Pressgroup Print & Online

Published by Simone Janson

Duesseldorf, Germany

Concept, editing, graphic design & layout: Simone Janson

Cover design with Canva

eMail: [publisher@best-of-hr.com](mailto:publisher@best-of-hr.com)

For your [successful, fulfilling life](#), the information you truly need: State-funded publisher, awarded the Global Business Award as [Publisher of the Year: Books, magazines, eCourses, data-driven AI services](#). Print and online publications, along with the latest technology, go hand in hand - with over 20 years of experience, partners such as the [Federal Ministry of Education](#), customers like [Samsung, DELL, Telekom](#), or universities. Behind it all is [Simone Janson](#), a German [Top10 blogger](#), referenced in [ARD, FAZ, ZEIT, WELT, Wikipedia](#).

All books are published in German and English. We take our responsibility to deliver well-researched and reliable information very seriously. Therefore, the publisher follows a dedicated concept for quality assurance and compliance, where the expertise of renowned experts goes hand in hand with the latest AI technology for information analysis and text optimization. If you have any further questions, you can read the corresponding chapter at the end of the book.

All works of the publishing house Best of HR - Berufebilder.de®, including their parts, are protected by copyright. Any use outside the narrow limits of the copyright law is not permitted without the consent of the publisher and the author. This applies in particular to the electronic or other reproduction, translation, distribution and making publicly available.

# **Introduction: Information, Experiences of Success, Inspiration - you'll find all that in this Book**

Dear readers,

glad we could convince you of the 4th, significantly extended edition, like thousands of readers before. Because this book makes your success tangible: In the following pages, you will not only encounter expert knowledge, but also a wealth of practical tools and resources that can help you achieve your goals and realize your full potential.

## **Achieve Goals Interactively: Awards, Press Reviews, Customer Feedback**

For its interactive concept, the publisher was not only awarded the Global Business Award as Publisher of the Year by Corporate Vision Magazine and supported by the Minister of State for Culture and Media of the Federal Republic of Germany, but also repeatedly recognized in renowned media such as **ZEIT**, **Süddeutsche**, **personalmagazin**, or the special magazine **Personalführung**. For example, the **FAZ**, one of the most influential Newspapers in Germany, attests to us "good actionable tips" and customers like the **Press and Information Office of the German Federal Government** are enthusiastic. You can find many more reviews as well as information on free review copies at <https://best-of-hr.com/press/>.

Renowned experts from various fields - overview in the table of contents - have compiled their expertise and experiences to provide you with valuable insights and advice, practical and condensed. As a reader, you will also receive working materials as part of your book purchase, which you can download for free at <https://best-of-hr.com/academy/>. In addition, workbooks are available to help you reflect on the inspirations from this book.

All readers who are looking for individual solutions also have the opportunity to use the AI extensions and consulting tools free of charge within the framework of AI Extended Books, for which we usually charge a monthly subscription fee. Our interactive success advisors and other AI-supported tools are at your disposal to provide you with tailored advice and recommendations that are tailored to your individual needs. Use these tools to drive your success and achieve your personal goals.

In addition to this wealth of inspiration, we want you to experience and enjoy your success: As a reader of this book, you will have access to a variety of exclusive services that will help you live well and successfully according to your wishes: from inspiring reader trips, where you have the opportunity to discover new places and exchange ideas with like-minded people, to lifestyle products that are

specifically tailored to your needs, we want to ensure that you make the most of this reading experience.

## **Your Benefit in concrete Terms: Content, Organization and Structure of the Book**

Briefly and concretely this is your benefit from this book: You support certified climate protection projects, quickly receive compact information and checklists from experts as well as access to AI extensions and the possibility to individually live your inspirations as an experience. Because resilience is the ability to survive difficult life situations without lasting impairment. It means that we need some psychological resilience to survive sudden changes and crises that we couldn't prepare for. This applies to the personal area as well as to global crises. It is particularly important to evaluate each new, unforeseen situation as objectively and without fear as possible and to learn what can be done better for the future.

You will receive valuable resources through this [unique publishing concept](#) that will enhance your knowledge, stimulate your creativity, and make your personal and professional goals achievable. This allows you to discover new ways, expand your thinking, and improve your skills to experience success. You will receive concrete advice, proven methods, and strategies to overcome challenges and overcome obstacles. By providing specific action steps and practical guidance, you will learn how to define your goals and develop plans to progress step by step. The clear structure and our special, highly detailed table of contents support you in quickly finding the desired information and implementing it directly into practice.

This is not only contributed by the expert articles of renowned experts but also by numerous inspirations from successful managers, entrepreneurs, and other exciting personalities. Their stories and experiences serve as vivid examples of how challenges can be overcome and goals can be achieved. Through their inspiring narratives, you gain insights into proven strategies and practices that you can apply to your own situations. Different, and potentially contradictory, aspects of the topic are deliberately addressed. This allows you to examine, reflect on, and weigh the various pros and cons optimally. This ultimately enables you to gain different perspectives and improve your knowledge to develop a deeper understanding of complex topics and find innovative solutions.

## **Information as desired with Membership Discounts, eCourses, Workbooks, and custom, individual eBooks**

Under the motto *Information as desired*, we also provide you with exactly the information you have been looking for. The book also includes an e-course with a worksheet for you to work through, which you can receive for free as a reader in our Academy at <https://best-of-hr.com/academy/>. You can find out how to access it in the book's conclusion.

Our Academy offers you the opportunity to continuously expand your knowledge and skills and engage with like-minded individuals. By participating in our online



courses and interacting with experts and other learners, you can achieve your professional goals and advance your personal success. We believe that inspiring experiences and continuous learning are the keys to long-term success. Therefore, we invite you to explore our Academy and benefit from the diverse learning opportunities.

In addition, the Workbook Success Planner is the perfect complement to the guidebooks. This workbook helps you successfully implement the inspirations and tips from our books, step by step and day by day, whether it's about career goals, decision management, or financial planning. You can either print the Success Planner yourself or order it as a bound book. Each workbook comes with a free eBook.

Do you want a personalized eBook topic or an e-course on a specific subject? You can also find that in our publishing house at <https://best-of-hr.com/publisher/>. We will create your personalized eBook on a topic of your choice upon request. In the Academy of Best of HR - Berufebilder.de®, you will also find email courses with individual assignments, personal support, and certification.

As a book reader, you not only have the advantage of gaining information and new insights but also enjoy financial benefits that come with purchasing our books. As a [newsletter subscriber](#) or [registered member](#), you will receive a 50% discount on all e-courses and a 20% discount on all other books as a member edition. You can find the books at <https://best-of-hr.com/shop/books/>. The coupon code is sent weekly via the [newsletter](#). Additionally, there is the Premium Membership, a paid flat rate for one year, which includes all learning materials, downloads, and premium articles.

## **Successfully use the AI Extension to the Book for your Goals and to make Money**

For those seeking further individual guidance and services, our concept of *AI Extended Books* offers the potential to analyze information, gain valuable insights, and show paths to achieving your individual goals. By utilizing AI in your work or personal life, you can gain many benefits and work much more efficiently. Through our AI solutions, you will discover new ways to explore your horizons in innovative ways. And the best part is that this service is free for you as a book buyer. In the appendix of the book, you will find a detailed explanation and numerous application examples to facilitate your successful handling of AI.

Our interactive [AI-assisted consultant](#) is there to assist you with any questions regarding success, career, and personal development. Our [AI-eTutor](#) supports the learning experiences from our academy with individual exercises. And the interactive [travel planner](#) helps you plan individual moments of success.

One of the greatest strengths of AI is its ability to process large amounts of data and recognize patterns. By using machine learning algorithms, AI can learn from this data and make predictions. This enables you to make informed decisions,

optimize your strategies, and even solve complex problems. Whether it's your personal career management, optimizing communication processes, or improving work efficiency - AI can help you achieve your goals more effectively.

With the AI tools from Best of HR - Berufebilder.de®, you can even earn money. This is done through an affiliate program, a marketing strategy where companies collaborate with affiliates to promote and sell products or services. Affiliates are individuals or companies that act as partners and receive a commission for every sale or action they generate. To participate in our affiliate program, please register [for our partner program](#).

## **Experience Success and Inspiration: Discover your Way and support Sustainability**

But that's not all! We want to offer you a very special opportunity that will make your journey to personal growth and success even more unforgettable. Because we know that it's not just about reading, but also about experiencing and applying what you've learned. That's why we want to offer you exclusive vouchers for suitable trips and other items that perfectly match your chosen guide. To achieve this, we work with numerous network partners in accordance with our compliance guidelines.

So imagine putting the inspiring wisdom of your book into action while creating unforgettable memories at the same time. Whether it's a relaxing break at a wellness resort, an adventurous trip into nature, or a workshop that further develops your skills - with our specially selected vouchers, you can put what you've learned into practice directly and enjoy unforgettable experiences at the same time.

Let yourself be inspired by our guides and discover the possibilities that await you. Because we believe that true change doesn't just happen in the mind, but also in the heart and in action. So get ready to elevate your life to a new level with individual moments of success and make your dreams come true. By the way, 5 percent of your purchase goes to non-profit organizations that are dedicated to projects such as reforestation and climate protection.

So you see: from cost savings to access to knowledge and education, to the opportunity to experience and live your own successes, to inspiration for entrepreneurial activities, and the possibility to earn money with our publishing house - reading our books can provide you with financial benefits in various ways.

# **Happiness Satisfaction Self-love: 10 tips for more zest for life**

*// By Roland Arndt*

What is the meaning of our existence? This question arises - more or less often - everyone. We want to achieve happiness and success. With personal commitment, perseverance, hard work and performance we pursue this goal. But what does that mean exactly?

## **Not with me!**

We face bureaucratic energy guzzlers and suffer more and more from stress. Fast results and numbers are more important than interpersonal relationships. The way up turns out to be a negative spiral. Unless someone says

**STOP!**

**Not with me!**

## **Transform destiny blows into successes**

By putting love at the center of my thinking and acting, I have been able to overcome the greatest stroke of fate that can strike a man and a father. Even more: I have turned him into a life success.

For example this shock: I come home from a successful but exhausting seminar week. But instead of my longed-for family, a note with a succinct note awaits me. My wife had left me with our two sons! They are just gone! Location unknown.

## **Negative feelings that throw you out of the way**

The negative feelings threatened me - an always positively thinking man - to throw out of the track. Have we lived past each other? Have I seen only what I wanted to see? I could not believe it. My life was turned completely out of the blue.

In my career as a coach and coach, I always try to convey that we can develop our personality through the combination of heart and mind and gain authenticity as the basis for the success. Emotions play an enormous role when it comes to important decisions. Because of this the following activities are dependent - wrong or correct.

## **From the crisis new strength**

Incidentally, most of the company's employer / insolvency activities are caused by divorces or other family disputes, said an insolvency administrator. It is never in vain for us to go through a crisis.

It hurts though. But we learn from it and can draw new strength for and in our profession. For entrepreneurs, executives and employees, it is important to develop and use individual solutions ... Then everyone is helped, the individual with their family and for their own career and the respective corporate success.

## **Connection of heart and mind**

Our perception needs a connection to the heart and mind. Only as a "heart thinker" can I change my world. I myself accepted the situation - despite not understanding it - and was determined to master it by placing love at the center of my activities. Finally I loved my wife (still). And I loved my sons more than anything.

I am convinced that I owe it to this decision to love, that today I am allowed to live happily with my sons and in a new partnership. Because: love is stronger than the end of the world.

## **10 tips for the recipe for success love**

Love for yourself and others is equally important for success in career and life. But what can you do specifically? 10 tips for the recipe for success love:

1. **Do not look for a culprit!** If something goes wrong professionally or privately, we quickly look for a guilty party that we can be held accountable for. However, we ourselves are involved in our decisions and often have "caused" the causes.
2. **Accept changes:** The end is already included in the start of a relationship - at the latest when a partner dies. Often, however, the "best before" date has expired earlier. Even people in a partnership do not always develop synchronously. Often one of the two stops or one overtakes the other, e.g. B. through increased awareness or new, completely different goals.
3. **Forgive and let go:** This does not succeed from the beginning and certainly not as long as we still have hope for a common solution in us. But when everything seems broken, we have the right to purify our hearts and rebuild our future. Even at work, a reorientation can release fresh forces. Ignoring your own strengths, the working day can be torment despite good pay.
4. **Reverse negative experiences:** Anyone who has mastered a conflict situation can recognize (as often only in retrospect) how well-negatively perceived situations or people have themselves on one. Only by dealing with this can one develop further, learn something to it and lay the foundation stone for new successes.
5. **Impulses for reflection:** Let yourself be touched. For example, reading my novel in which I tell the story of a great love and dramatic separation, the bond between fathers and children and a new beginning.