

reflection on reading: chapters 3 & 4

Reflection helps us digest what we have been reading and make it more useful. Please complete this form while and after you have read the third and fourth chapters (pages 32 to 66) of Mark Williams & Danny Penman's book "*Mindfulness: a practical guide to finding peace in a frantic world*". If you want to, feel free to alter questions or simply write on the back of the sheet.

☆ *which bits of what you've read, do you feel are most relevant and important for you personally? in what ways do you think they are relevant and important?*

☆ *are there sections of what you've read that you disagree with, have doubts about, or find unclear? which sections?*

☆ *remembering what you have just written (and other discussions about these topics), what do you feel it would be most helpful for you to focus on, or remind yourself, or do to make reading and practising the suggestions in the book as helpful for you as you can?*