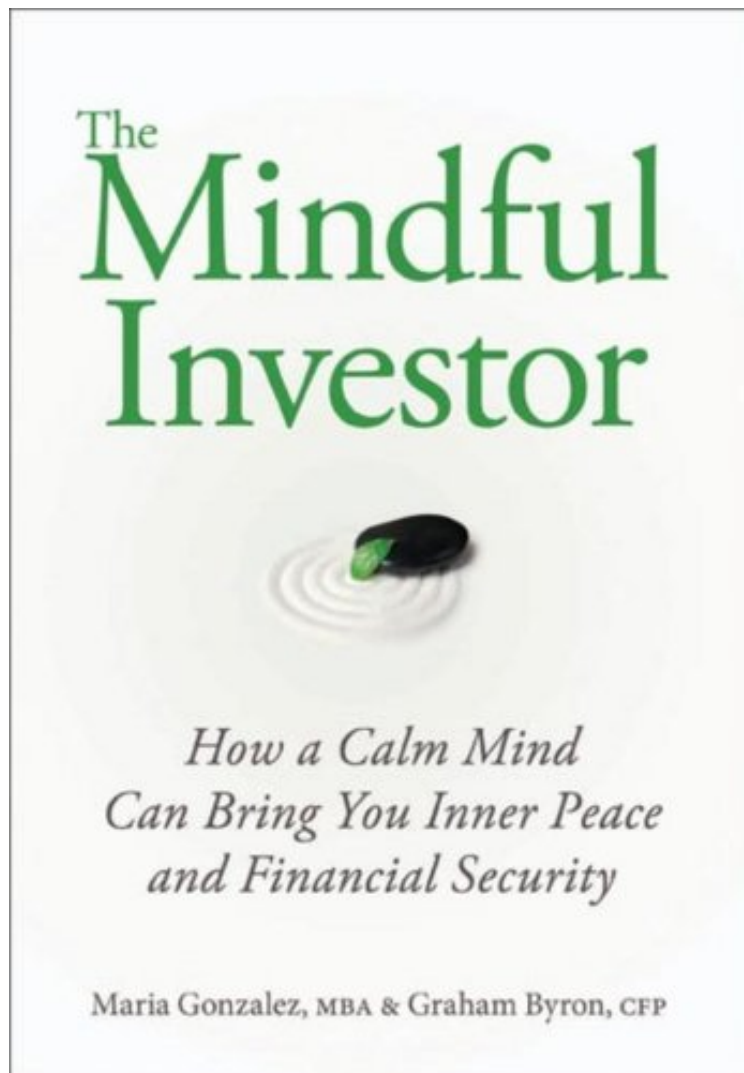


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## The Mindful Investor: How a Calm Mind Can Bring You Inner Peace and Financial Security

*Maria Gonzalez, Graham Byron*  
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**Maria Gonzalez, Graham Byron : The Mindful Investor: How a Calm Mind Can Bring You Inner Peace and Financial Security** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Mindful Investor: How a Calm Mind Can Bring You Inner Peace and Financial Security:

0 of 0 people found the following review helpful. Introduction to Mindfulness and MoneyBy Anel.A.The book was a basic introduction to mindfulness and your relationship with money, or in the case of the book the relationship with your financial advisor. I found the book to be a little short on details and thinking that someone is going to read a book to improve their relationship with their financial advisor is a little far fetched. While there might be better books on

mindfulness (see Finding The Space to Lead and Patience) I do applaud the authors on combining mindfulness with money, two topics that are rarely connected. 0 of 0 people found the following review helpful. Excellent! By TinaIt has been said that one of the biggest problems with most people, when it comes to investing, is that they do it out of emotion instead of logic and business sense. The Mindful Investor tackles this very subject and is written specifically to help people become more serene and calm around anything involving the investment process. This book is loaded with great wisdom - not about which shares to buy to make a quick buck, but rather encourages the reader to take a different view on the whole subject of investing - and stop doing it with the heart. Taking the drama out of investing is really what this book is about and it does extremely well. I loved reading this book and even though I am currently happy with my investment and have no intention of making any major changes, I still found myself calmer after reading it! Great book. 0 of 0 people found the following review helpful. Straightforward, practical, useful, and easy to read. By John Carbone A straightforward and practical book on investing with simple exercises and instructions that help me make good financial decisions (and personal decisions) that are in alignment with my values and principles. (This book doesn't just tell me to stop drinking lattes and then I'll be able to retire 3 years sooner!) The decision-making tool and other resources available in this book are incredibly useful. Quick and easy to read.

Mindfulness: How to Have a Better Relationship With Your Money Money. The word itself has a power of its own. It can induce feelings and start a train of thought instantly. Unfortunately, often these feelings and thoughts are negative and stressful. We believe that achieving a healthy relationship with money is necessary because it's attached, in some way, to almost every aspect of our lives. In reality, most people have enough money, even after the recent market collapse. What they don't have is the level of calm, clarity, and focus required to live peacefully with money. Mindfulness can help achieve that. The Mindful Investor is an indispensable guide for individual investors, business people, and professionals who are looking for a better way to manage their money. — From the Preface  
Praise for The Mindful Investor "As The Mindful Investor suggests, what's often needed most is not more money, but more perspective about money. Starting where Maria and Graham have suggested—at the end—is a great way to look back from a place when money truly won't matter anymore, and I can't think of a better first step to take when planning for today." — Scott Kriens, Chairman, Juniper Networks "Having seen many thousands of business books over the course of my professional life, I was delighted to discover that The Mindful Investor offers a refreshing new approach to personal finance. Having benefited personally from Maria's teaching of Mindfulness meditation techniques, I can say that this is a book whose time has come and a must-read for anyone looking for an alternative to the madness of the markets." — Jane Cooney, President, Books for Business "What a breath of fresh air. The world would be a better place if everyone used the tools and processes outlined in this easy-to-read, inspiring, and practical book." — Rob Quartly, Juno Award Winning Filmmaker and Entrepreneur

From the Inside Flap Meditation and Money Do Mix...No Chanting or Patchouli Required The most recent market meltdown saw trillions of dollars disappear from the North American economy, and the financial markets drop more than 44% from their highs. Daily volatility was immense, with swings of up to 1,000 points in a single day. A vicious cycle of fear and greed caused panic and suffering for individual investors, investment advisors, and pension fund managers alike. The Mindful Investor shows you how to use a single tool—Mindfulness meditation—to achieve clarity, focus, and peace of mind with your finances. Oprah, Eckhart Tolle, Phil Jackson, and Tiger Woods have done much to bring meditation out of the mystic shadows and into the mainstream. Google even offers meditation classes to employees. In this book, you will learn how to use Mindfulness and how to combine it with sound financial planning principles—no chanting or patchouli required. Replace greed and desperation with calm and focus when considering your finances. Make money work for you, rather than being controlled by your money. Create your own definition of financial success. Stay focused on what matters, and be level-headed about what you can't control. Learn the basics of Mindfulness meditation, including the five hindrances to success. Acquire simple Mindfulness techniques you can use anytime, anywhere to create calm and focus at will, see clearly under stressful conditions, and make better financial decisions. About the Author Maria Gonzalez, BCom, MBA, is a 30-year business veteran who believes that Mindfulness transforms lives. As founder and president of Argonauta Strategic Alliances Consulting Inc., she ensures that Mindfulness is indistinguishable from her business, whether negotiating complex strategic alliances, coaching business leaders to use Mindfulness in their lives and businesses or coaching organizations to function more effectively through Mindfulness. She has been meditating regularly since 1991 and teaching Mindfulness since 2002. Maria has taught Strategy and Organization Development at McGill University's Desautels Faculty of Management. Over the last two decades she has served on numerous boards and has been a member of the Corporate Advisory Board for the Harvard Medical School - MacArthur Foundation's study on depression and workplace performance. She is a founding member and Vice Chair of the Global Business and Economic Roundtable on Addictions and Mental Health. Graham Byron, CFP, has been an Investment Advisor and Certified Financial Planner (CFP) for more than 20 years. He has co-authored two other books on financial planning, including the best-selling CARP Financial Planning Guide. Graham believes that applying Mindfulness to money is critical at this turning point in our financial lives.

Approaching the financial planning process with calm awareness allows investors to make good decisions and enjoy their wealth.