

Practices for Week Three

- Ten minutes of the Body Scan meditation (see page 63; track 1 on the CD), to be carried out on six days out of the next seven.
- Ten minutes of the Mindful Movement meditation (see page 110, track 3 of the CD) to be carried out on six days out of the next seven. This should ideally be done at a different time of day from the Body Scan meditation. However, if you choose, you can also do an extra Body Scan or Breathing Anchor immediately before the Mindful Movement meditation to help settle your mind and body.
- Begin to keep a pacing diary (see page 122).
- A Habit Releaser: watch a kettle boil (see page 127).