



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

*Maria Gonzalez, Graham Byron*

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**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**

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