

“This is an amazing book! Ms. Chai presents succinct, simple, and practical advice, solidly based on sound science, in an accessible, easy-to-understand, and readily applicable style. She beautifully links and integrates the realms of physical fitness, mental wellness, and both emotional and spiritual well-being. Her approach to applying and implementing the simple exercises — mindful multitasking — is brilliant in its simplicity and appealing in its efficiency. For anyone and everyone interested in self-improvement, this is a must read!”

—ETHAN ALLEN

YOU CAN TRANSFORM YOUR MIND, BODY, HEART, AND SPIRIT WITHOUT TAKING ANY EXTRA TIME.

How many of us feel we don't have time to exercise, do affirmations, practice gratitude, meditate, and pray? With Mindful Multitasking, you can do all that and more, while doing something else you're already doing. Use the time while you're driving, sitting at computer, showering, or waiting for the coffee maker to exercise mentally, physically, emotionally, and spiritually.

“This book is filled with healing advice. These are great ideas that will improve my physical comfort and emotional well-being. Makana is a wonderful writer and a beautiful woman with loving advice which she is making practical in application for real lives.”

— DR. ALICE BROWN

R. MAKANA RISSER CHAI is an attorney who founded a Silicon Valley training company. In 1998, she decided to move to Hawaii, and is now a certified stress and wellness consultant, massage therapist, forgiveness facilitator, and instructor of yoga and Pilates. She is the author of two books on Hawaiian healing through lomilomi massage. She speaks on Mindful Multitasking, well-being, work-life balance, and stress management for corporations and associations.

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MINDFUL MULTITASKING

CHAI

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Timeless Techniques for a Vibrant Mind,
Strong Body, Happy Heart, and Light Spirit



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