

Popular Wellbeing Coach Dave Mochel Pens Inspiring New Book: Good Life Practice

Dave Mochel is a public speaker and wellbeing coach who works with world renowned executives, athletes, and educators to help them live and work peacefully and powerfully.



transformations, but people often find that the insights offered fall short of creating lasting change. Those looking for real solutions are often left with little more than raised hopes. Author and wellbeing coach Dave Mochel's new book [Good Life Practice: A Quick Start Guide to Mindful Self-Regulation](#) sets itself apart. No promises of quick fixes or easy answers – only research based, human-centered techniques that are a practical combination of science, wisdom, and real life application. The goal of the book is to help people establish a daily practice for putting attention and energy into what matters most.

“The practices are straightforward things that everyone can do, and these simple techniques create a more peaceful and powerful experience of life,” said Mochel. “My book shows you how to foster awareness, acceptance, courage, confidence, compassion, gratitude, and awe using the wisdom of the ages and modern research-based strategies.

Good Life Practice is a book that helps readers to discover their capacity to move in harmony with whatever challenges show up in life. The book serves as a guide for cultivating more presence, purpose, positivity, and connection. Following Mochel's guidance gives individuals ways to work more effectively with stress, anxiety, distractions, setbacks, procrastination and human relationships.

For those hoping to improve relationships and organizational culture, Mochel's book profiles ways to better focus on defining priorities, communicating clearly and accepting responsibility for choices. The book also shows the reader how to use life's challenges, conflicts, and setbacks to grow and add meaning to everyday living.

“I am incredibly grateful that I get to spend my time teaching this practice and observing the positive impact it has on people's lives, relationships, and communities,” says the author. “My most sincere hope is that people are practicing the life they really want.”

Mochel's is also a regular writer for the Huffington Post, and the CEO of Applied Attention, a coaching and consulting company that gives individuals and organizations the skills they need to live and work peacefully and powerfully. He was recently featured on [YouTube's Tedx Talks](#), and his public speaking presentations have been sought out by some of the world's most prestigious organizations including:

- Stanford University
- The University of Wisconsin
- Cottage Health Care System
- The Japanese Ministry of Education
- Northland Investment
- Subaru
- and schools and colleges around the globe

Readers looking to expand their unconditional wellbeing and experience authentic confidence and compassion will want to get a copy of [Good Life Practice: A Quick Start Guide to Mindful Self-Regulation](#). To check out excerpts from the book and purchase it in paperback or for Kindle visit [Amazon.com](#).

LINKS:

Book on Amazon:

[Good Life Practice: A Quick Start Guide to Mindful Self-Regulation](#)

Website: www.appliedattention.com

LinkedIn: <https://www.linkedin.com/in/davemochel/>

Facebook: <https://www.facebook.com/AppliedAttention?ref=hl>

Twitter: <https://twitter.com/ApplyAttention>

Media Contact

Dave Mochel

dave@appliedattention.com

805-450-542

Source : Dave Mochel is CEO of Applied Attention, a coaching and consulting company that gives individuals and teams the tools they need to live and work peacefully and powerfully. If you are seeking greater wellbeing, stronger relationships, more effective communication, or healthier culture, then Applied Attention can help.

See on IssueWire : <https://www.issuewire.com/popular-wellbeing-coach-dave-mochel-pens-inspiring-new-book-good-life-practice-1613047005710562>