

# The Unexpected Power of Mindfulness and Meditation (Paperback)

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#### Reviews

The book is straightforward in go through better to understand. it had been writtern quite flawlessly and valuable. You can expect to like the way the author publish this book. (Reyes Murphy)

## THE UNEXPECTED POWER OF MINDFULNESS AND MEDITATION (PAPERBACK)



Dover Publications Inc., United States, 2019. Paperback. Condition: New. Language: English. Brand new Book. "Ed and Deb bring compassion and heart to a modern world where it is sorely missed." -- Ram Dass author of Be Here Now Behind the dramas and conflicts of life, there exists a quiet inner place where mindfulness and meditation can help us reside. The sanity and brilliance of this combination can awaken inner strength, foster kindness and fearlessness, and invite radical change. Discover how to transform your life from the inside out with the profound benefits of a calm and stress-free mind.The Unexpected Power of Mindfulness and Meditation features personal insights from visionary leaders -- Matthew Fox, Jon Kabat-Zinn, and Marianne Williamson among them -- who discuss their methods of maintaining mental health and happiness. "Treat this book as you would a cookery book. You wouldn't just read recipes; you'd try them out. Like cookery, meditation only makes sense if you experience it." -- His Holiness the Dalai Lama, Nobel Peace Prize laureate "Ed and Deb remind us all just how important it is to look after the health and happiness of the mind. With warmth and humor, they show us how to integrate the timeless qualities of awareness and compassion into everyday life." -- Andy Puddicombe, founder of HEADSPACE "Mindfulness is the awareness that arises when we pay attention to the present moment. It accesses us to core aspects of our mind that our very sanity depends on, as does our capacity to live wholeheartedly in this crazy world." -- Jon Kabat-Zinn, mindfulness teacher "I can be as nuts as the next person, living in a world like we live in with the craziness and chaos. It takes work to retain our sanity in the midst of all that, and to me meditation...

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