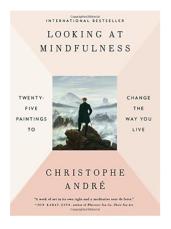
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Blue Rider Press, 2016. Paperback. Condition: New. Reprint. Language: English. Brand New Book. Stop doing, stop moving, stop twisting and turning. These are the first steps toward inner calm and increased mental clarity, says psychiatrist and leading meditation practitioner Christophe Andre, who in this book guides us through the art of mindfulness, beginning with art itself. Looking at Mindfulness collects classic and esoteric paintings, from Rembrandt to Hopper to Magritte, and offers a lucid commentary on the inner workings...

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- Authored by Christophe Andre
- Released at 2016



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