



The Unexpected Power of Mindfulness and Meditation (Paperback)

By Ed Shapiro

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..."



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