



A Mindful Morning: Start Each Day with a Clear Mind and Open Heart

By David B. Dillard-Wright

Adams Media Corporation, United States, 2016. Paperback. Book Condition: New. 152 x 152 mm. Language: English . Brand New Book. A mindful approach to finding joy in every day * Includes 200 daily practices and inspirational quotes to begin each day with a calm mind and positive energy * Google searches for morning meditation and morning inspiration are increasing month to month * A stunning, inspiring package With all the struggles of modern life, it s easy to get lost in a quagmire of stress, worry, and indifference. For thousands of years, monks rose before dawn to meditate and greet the morning with an open heart. But readers don t need to beat the sun to start the day mindfully. With A Mindful Morning, they can channel this ancient tradition as part of their daily morning routine. With 200 inspiring quotes and short, easy mindfulness exercises, readers will learn how to begin their day with a clear head and positive energy. These simple moments of awareness, healing postures, and meditations can help soothe their souls as they take on every day with tranquility, confidence, and composure.



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