

*Quiet Mind One Minute Retreats From A Busy World David
Kundtz*

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Quiet Mind: One Minute Mindfulness: David Kundtz: 9781573248624: Amazon.com: Books

Quiet Mind: One-Minute Retreats from a Busy World by David Kundtz is divided into fourteen one- or two-paged chapters. Each story reflects on matters of balance, peace of mind, letting go, time outs, and acceptance; all of them giving the reader insights into living a more meaningful life.

Quiet Mind: One Minute Retreats from a Busy World by David Kundtz - goodreads.com

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Quiet Mind: One-Minute Retreats from a Busy World "There is no class of person more moved by hate than a motorist."-C.R. Hewitt. In our attempts to be still, often our internal chatter does not stop but goes on nattering away, and we are often stymied in our efforts to thwart it.

Quiet Mind: One-Minute Retreats from a Busy World - Silverado

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Quiet mind one-minute retreats from a busy world

At 370-pages, Quiet Mind: One-Minute Retreats from a Busy World is brimming with dozens of meditations designed to promote thoughtfulness, calm, and quietude. The mini-retreats, one and a half to two pages long, feature a sage quote and Kundtz's wise and gentle commentary.

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Quiet_Mind - Janet Boyer

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