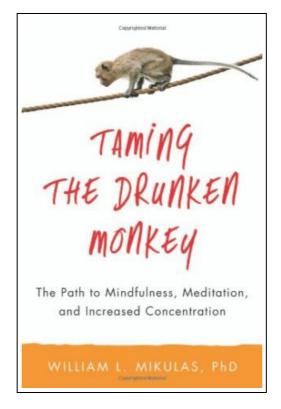
Taming the Drunken Monkey: The Path to Mindfulness, Meditation, and Increased Concentration (Paperback)



Filesize: 1.46 MB

Reviews

Good e-book and useful one. It typically does not expense an excessive amount of. I am just delighted to tell you that this is basically the finest book we have read during my very own existence and could be he best ebook for actually.

(Audra Hodkiewicz)

TAMING THE DRUNKEN MONKEY: THE PATH TO MINDFULNESS, MEDITATION, AND INCREASED CONCENTRATION (PAPERBACK)



Llewellyn Publications, U.S., United States, 2014. Paperback. Condition: New. Language: English. Brand new Book. The mind often behaves like a drunken monkey-unfocused, uneasy, and uncontrollable. Taming the Drunken Monkey shows how to tame your consciousness and manage the stress, anxiety, and frustration that we experience all too frequently. With thorough mental training provided by renowned teacher William L. Mikulas, you'll effectively enhance the health of your body, mind, and spirit. Drawing from Western and Eastern psychology, health systems, and wisdom traditions, this easy-to-follow guide to mindfulness provides a reader friendly system that progresses steadily through five levels of study, from novice to master. Develop and improve the three basic behaviours of the mind: concentration, awareness, and mental flexibility. Discover the power of breathwork with yogic pranayama, Chinese medicine, and Western respiratory science. Apply useful exercises and practices to your life based on health, meditation, body awareness, spiritual awakening, and more.



Read Taming the Drunken Monkey: The Path to Mindfulness, Meditation, and Increased Concentration (Paperback) Online Download PDF Taming the Drunken Monkey: The Path to Mindfulness, Meditation, and Increased Concentration (Paperback)

Relevant eBooks



Beginning PHP and MySQL: From Novice to Professional (Paperback)

Springer-Verlag Berlin and Heidelberg GmbH & Co. KG, Germany, 2010. Paperback. Condition: New. 4th ed. Language: English. Brand new Book. Beginning PHP and MySQL: From Novice to Professional, Fourth Edition is a major update of...

Read Book

»



Genuine new book Essentials of Leadership: Principles and Practice (4th Edition) (U.S.) Shiliboge. (U.S.(Chinese Edition)

paperback. Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date: 2012-05-01 Pages: 280 Publisher: Welcome to Our Publishing House of Electronics Industry....

Read Book

>>



Meditation: For Beginners Anytime, Anywhere. How to Relieve Stress, Anxiety and Depression. A Quick Guide and Techniques to Return to a State of Inner Peace, Mindfulness and Happiness (Paperback)

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Large Print. Language: English. Brand new Book. 'Meditation for Beginners'. Anytime and Anywhere. A pocket size guide that will give you Inner Peace, Mindfulness and...

Read Book

»



Reading Aloud Across the Curriculum: How to Build Bridges in Language Arts, Math, Science, and Social Studies (Paperback)

Heinemann USA, United States, 2006. Paperback. Condition: New. Language: English. Brand new Book. In Learning Under the Influence of Language and Literature, Lester Laminack and Reba Wadsworth demonstrated how to make the read - aloud...

Read Book

»



The New Rules of Marketing and PR: How to Use Social Media, Online Video, Mobile Applications, Blogs, Newsjacking, and Viral Marketing to Reach Buyers Directly (Paperback)

John Wiley & Sons Inc, United States, 2017. Paperback. Condition: New. 6th Edition. Language: English. Brand new Book. The international bestseller now in a new edition When it comes to marketing, anything goes in the...

Read Book

»



Principles & Practice: An Integrated Approach to Engineering Graphics & AutoCAD 2011

Schroff Development Corporation, 2010. Condition: New. book.

Save Document

»



Pacemaker: English Composition, Teacher's Answer Edition

FEARON, 2001. Condition: New. book.

Save Document

>>



Blazor Revealed: Building Web Applications in .NET (Paperback)

aPress, United States, 2019. Paperback. Condition: New. 1st ed. Language: English. Brand new Book. Build web applications in Microsoft that run in any modern browser, helping you to transfer your experience and skills to a

Savo Document

..



SAS Urban Survival Handbook: How to Protect Yourself Against Terrorism, Natural Disasters, Fires, Home Invasions, and Everyday Health and Safety Hazards

Skyhorse, 2013. Condition: New. book.

Save Document

>>



Jesus: Seeing Him More Clearly (Paperback)

ZONDERVAN, United States, 2005. Paperback. Condition: New. Revised edition. Language: English. Brand new Book. Jesus is someone you need to know. Teacher. Physician. Servant. Shepherd. King. Jesus filled each of these roles in His walk on

Save Document

»