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

By William Mikulas

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.



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