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Head to Heart: Mindfulness Moments for Every Day

By Jenifer Madson

Conari Press,U.S., United States, 2014. Paperback. Book Condition: New. 178 x 130 mm. Language: English . Brand New Book. Madson captures the heart of the simple. These daily thoughts can emphatically change any moment in any one s life. Each day s suggestion is captured in the simplicity of the thought; making it magical, joyful, meaningful and doable. I loved it. All of it. You will too. --Karen Casey, PhD, author of The Good Stuff from Growing Up in a Dysfunctional Family, Head to Heart gently guides us to cultivate (and sustain) those moments of clarity--the awakenings of everyday life--and to embrace and grow from them all, no matter how joyful or painful. Awakening think of it as something we need to do every day; it is a process, a gradual awareness and growing insight, Madson writes. Practice awakening to: generate more compassion or love, create an unshakable sense of well-beingbetter understand your mind and surroundings, find answers to specific challenges, or all of the above.Practice can happen anywhere, any time: on the mat or on the move, sitting or walking, in silence or conversation, alone or with a group; in short, whenever you are consciously pointing your mind toward...



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