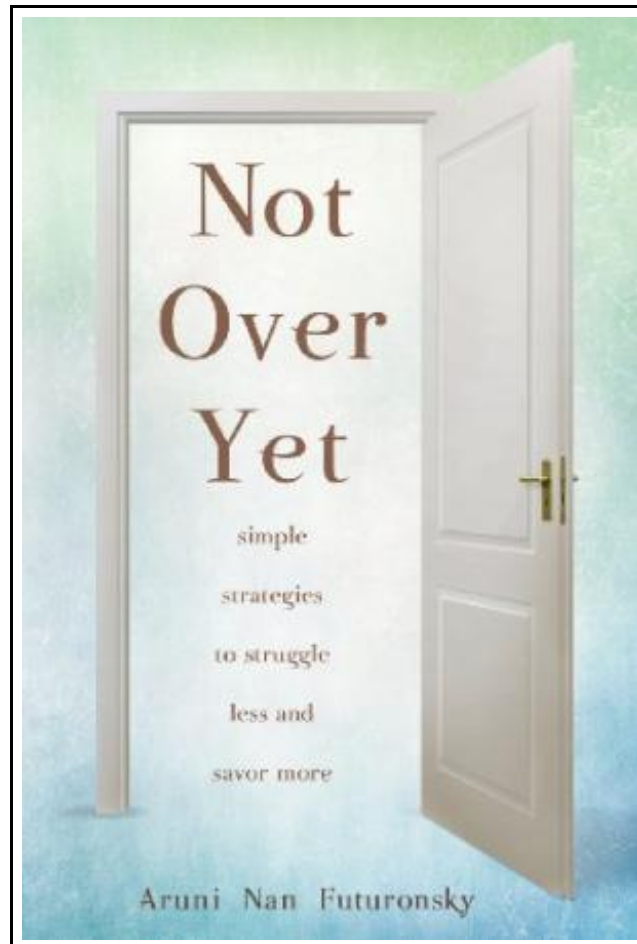


Not Over Yet: Simple Strategies to Struggle Less and Savor More



Filesize: 2.33 MB

Reviews

A whole new eBook with a brand new point of view. It is definitely simplistic but shocks in the 50 percent of the publication. I am just pleased to explain how this is the greatest ebook i have read during my very own daily life and could be he best ebook for possibly.
(Mitchell Kuhn III)

NOT OVER YET: SIMPLE STRATEGIES TO STRUGGLE LESS AND SAVOR MORE



Dog Ear Publishing, United States, 2013. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****. These simple and wise vignettes go right to the heart. Aruni's writing is alive, humorous and filled with compassion toward our humanness. -Tara Brach, Ph.D., Author of Radical Acceptance and True Refuge Aruni Nan Futuronsky is back with her signature blend of delicious humor and deep wisdom. In her third book, Aruni turns her attention to the ever-unfolding present. Whether she is worshipping with the Quakers, grieving with her wife, or walking in the woods with Zac and Lucy, her furry teacher-guides, every day brings with it a new opportunity to practice. In twelve chapters that are part memoir, part interactive workbook, Aruni invites her readers-softly, gently-to create their own practice of love, breath, and surrender. Each chapter is a gift, an opportunity to feel, relax, and let the feelings move through us. Not Over Yet is a roadmap to the sanctity of mindfulness, the blossoming of heart, and the ultimate freedom of opening ourselves to all that is yet to come. Aruni's magnificent voice continues to deepen in this wonderful new book, sparkling with classic Aruni wisdom and humor. There's nothing quite like it-Not Over Yet is a must-read for us all. -Stephen Cope, Director of the Kripalu Institute for Extraordinary Living and author of The Great Work of Your Life: A Guide for the Journey to Your True Calling.



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