



This Only This: Mindfulness Strategies for Finding Peace in Every Moment

By Michael H Brooks

Zenwhim, Inc., United States, 2014. Paperback. Book Condition: New. 214 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Many of us feel out of synch with our lives. We sleepwalk through experience, believing that one day-when all the conditions are just right and the stars align perfectly-we will achieve a peaceful state of mind. We spend our days wandering through the past, dwelling in fictional futures, or existing in alternating states of distraction and frustration. We re absent from our own lives-yet we wonder why we struggle to be at peace and find it so difficult to break free of the challenging states of mind that plague us. There s a part of us that knows there is another option. And right now, in this very moment, peace is available to us. But, like swimming upstream, trying to find and hold on to peaceful states of mind can be an extremely difficult process. This book is a map that can help us on this journey. In This. Only This., veteran workshop teacher Michael Brooks presents a unique and humorous approach to mindfulness based on two main concepts: Paying Attention and Just Being. The former explores...



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Reviews

Extensive information for book fans. It is writter in basic words and never hard to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Otis Wisoky**

This publication is great. It is full of wisdom and knowledge You will not really feel monotony at at any time of the time (that's what catalogs are for relating to when you ask me).

-- **Dr. Everett Dicki DDS**