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An Invitation to Pause: Musings from a Mindfulness Teacher

By Janet Archer

Blue Bungalow Press, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****. Sometimes we forget and need to be reminded. of our shared humanity, of what is important in life and of how to see an experience in a new light. In 2012, Janet Archer retired from a 28 year career as an elementary school teacher. It was then that she began to explore and document her immediate world through the eyes of her training as a life coach and a yoga and mindfulness teacher. She began sending out these musings to a large group of clients, friends and family and got many letters in return thanking her, because her insights were helping them to see something in a clearer way, one that was bringing them a sense of peace and calm. Along the way, her mother got dementia and came to live close by to Janet and many of her musings became centered around living with a parent with dementia. Each of these musings brings the reader to a place of compassion and love for both the adult child and the parent who are both involved in...



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