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Let's Not Call It Meditation: Practical Guidance for People Who Think They Can't Sit Still and Quiet the Mind

By Padme Nina Livingstone

HEALING WITH AWARENESS, United States, 2006. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.In a down-to-earth way, this book takes you beyond mistaken ideas about meditation, why people do it, and what it is supposed to do. It is all about experience, your experience. There are no rituals, initiation or dues. You need only bring a willingness to listen, and a curiosity about change. The text reads like a friendly and lively conversation with the reader. Throughout the book, Padme weaves real life stories that connect everyday life experience to awareness and meditation. Her words gently jostle the reader towards a new possibility, a fresh perspective, and a truly authentic way of living that is available to every single one of us. Jon Kabat-Zinn, author of Full Catastrophe Living and Coming to Our Senses, states, (This book) makes meditation so accessible and commonsensical and enticing that you might just realize it's for us. Enjoy the adventure of a lifetime, so sweetly and articulately offered by the author out of her own love for life in the face of its inevitable challenges. And Larry Dossey, MD, author of The...



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