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KEY=MEDITATION - TOWNSEND RISHI

Waking Up

A Guide to Spirituality Without Religion

Simon and Schuster For the millions of Americans who want spirituality without religion, Sam Harris's latest New York Times bestseller is a guide to meditation as a rational practice informed by neuroscience and psychology. From Sam Harris, neuroscientist and author of numerous New York Times bestselling books, *Waking Up* is for the twenty percent of Americans who follow no religion but who suspect that important truths can be found in the experiences of such figures as Jesus, the Buddha, Lao Tzu, Rumi, and the other saints and sages of history. Throughout this book, Harris argues that there is more to understanding reality than science and secular culture generally allow, and that how we pay attention to the present moment largely determines the quality of our lives. *Waking Up* is part memoir and part exploration of the scientific underpinnings of spirituality. No other book marries contemplative wisdom and modern science in this way, and no author other than Sam Harris—a scientist, philosopher, and famous skeptic—could write it.

מינוסטרס-התמודדות עם חרדות

[תקליטור הדרכה ואימון אישי] תקליטור

10% Happier

How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works--A True Story

Harper Collins #1 New York Times Bestseller REVISED WITH NEW MATERIAL Winner of the 2014 Living Now Book Award for Inspirational Memoir "An enormously smart, clear-eyed, brave-hearted, and quite personal look at the benefits of meditation." —Elizabeth Gilbert Nightline anchor Dan Harris embarks on an unexpected, hilarious, and deeply skeptical odyssey through the strange worlds of spirituality and self-help, and discovers a way to get happier that is truly achievable. After having a nationally televised panic attack, Dan Harris knew he had to make some changes. A lifelong nonbeliever, he found himself on a bizarre adventure involving a disgraced pastor, a mysterious self-help guru, and a gaggle of brain scientists. Eventually, Harris realized that the source of his problems was the very thing he always thought was his greatest asset: the incessant, insatiable voice in his head, which had propelled him through the ranks of a hypercompetitive business, but had also led him to make the profoundly stupid decisions that provoked his on-air freak-out. Finally, Harris stumbled upon an effective way to rein in that voice, something he always assumed to be either impossible or useless: meditation, a tool that research suggests can do everything from lower your blood pressure to essentially rewire your brain. *10% Happier* takes readers on a ride from the outer reaches of neuroscience to the inner sanctum of network news to the bizarre fringes of America's spiritual scene, and leaves them with a takeaway that could actually change their lives.

True Refuge

Finding Peace and Freedom in Your Own Awakened Heart

Bantam The award-winning author of *Radical Acceptance* presents an accessible guide to tapping inner resources to promote peace and acceptance in the face of difficult life challenges, building on the three traditional Buddhist pathways to freedom while offering meditation guidelines and illustrative stories about people who have achieved a state of presence during times of crisis.

Guided Meditations, Explorations and Healings

Anchor From the revered meditation teacher Stephen Levine, here is a volume of guided meditations for the deeper healing of spirit, mind, and body. The culmination of decades of personal and professional explorations into the process of human consciousness, *Guided Meditations, Explorations and Healings* is an indispensable source book, filled with resources for healing and the deepening of awareness. Essential reading for anyone facing pain, severe illness, addiction, or other forms of suffering, in these pages Levine presents practical processes for the deep exploration of the mind and body, which are used widely in meditation centers, hospices, and hospitals around the world. Now, in this remarkable work, they are offered for the benefit of all who are drawn to looking inward—and all who seek the healing power of a merciful awareness.

The Mental Athlete

Human Kinetics

Mindfulness

A practical guide to finding peace in a frantic world

Hachette UK THE LIFE-CHANGING BESTSELLER - OVER 1.5 MILLION COPIES SOLD 'A deeply compassionate guide to self-care - simple and profound' Sir Kenneth Branagh 'If you want to free yourself from anxiety and stress, and feel truly at ease with yourself, then read this book' Ruby Wax Authoritative, beautifully written and much-loved by its readers, *Mindfulness: A practical guide to finding peace in a frantic world* has become a word-of-mouth bestseller and global phenomenon. It reveals a set of simple yet powerful practices that you can incorporate into daily life to break the cycle of anxiety, stress unhappiness and exhaustion. It promotes the kind of happiness that gets into your bones and allows you to meet the worst that life throws at you with new courage. Mindfulness is based on mindfulness-based cognitive therapy (MBCT). Co-developed by Professor Mark Williams of Oxford University, MBCT is recommended by the UK's National Institute for Health and Care Excellence and is as effective as drugs for preventing depression. But, equally, it works for the rest of us who aren't depressed but who are struggling to keep up with the relentless demands of the modern world. By investing just a few minutes each day, this classic guide to mindfulness will put you back in control of your life once again.

Strong, Calm and Free

A modern guide to yoga, meditation and mindful living

Bloomsbury Publishing If you have always wanted to live more peacefully, love more fully, and discover a deeper, more meaningful spiritual life, yoga is the path. Heartfelt and deeply practical, *Strong, Calm and Free* brings alive the possibility of a life of inner peace, compassion and joy. Grounded in both modern science and ancient wisdom, this beautiful and inspiring book demystifies the philosophy and psychology of yoga, making the 4000-year old practice accessible for modern life. Whether you've never stepped foot on a yoga mat before or want to deepen your home practice, this beautifully-illustrated book is suitable for all abilities, gently guiding you through a ten-week journey of yoga sequences, meditations and mindful living practices that will build strength, bring insight and offer a path to healing and freedom. Written by holistic counsellor and international yoga and meditation teacher Nicola Jane Hobbs, *Strong, Calm and Free* shares the tools to help you navigate the peaks and valleys of modern life, to dispel the "I'm not good enough" myth

that holds so many of us back and to experience the miracle of being yourself. By sharing her gentle wisdom alongside simple, practical exercises, Nicola invites you on a path of inner transformation. A mindful adventure of self-discovery. A journey towards health, happiness and wholeness. Towards strength, peace and freedom. Towards becoming fully and fearlessly who you are.

The Complete Idiot's Guide to Quick Total Body Workouts

Strengthen, Tone, and Shape Your Body from Head to Toe

Penguin Earn the body you've been waiting for with the ultimate guide to quick and easy total body workouts! Today, people are busier than ever before, often at the expense of their health. The Complete Idiot's Guide® to Quick Total Body Workouts acknowledges this trend and gives readers quick and simple exercises they can do for all of their major muscle groups whether at the gym, home, or office. The exercises are as effective as they are easy to follow, giving readers great looking results in no time!

Get Some Headspace

Hodder Paperbacks 'If you're thinking about trying mindfulness, this is the perfect introduction....I'm grateful to Andy for helping me on this journey.' BILL GATES 'It's kind of genius' EMMA WATSON Feeling stressed about Christmas/Brexit/everthing? Try this... Demystifying meditation for the modern world: an accessible and practical route to improved health, happiness and well being, in as little as 10 minutes. Andy Puddicombe, founder of the celebrated Headspace, is on a mission: to get people to take 10 minutes out of their day to sit in the now. Here he shares his simple to learn, but highly effective techniques of meditation. * Rest an anxious, busy mind * Find greater ease when faced with difficult emotions, thoughts, circumstances * Improve focus and concentration * Sleep better * Achieve new levels of calm and fulfilment. The benefits of mindfulness and meditation are well documented and here Andy brings this ancient practice into the modern world, tailor made for the most time starved among us. First published as Get Some Headspace, this reissue shows you how just 10 minutes of mediation per day can bring about life changing results.

The Little Book of Meditation

A Guide to Stress-Free Living

Sig Books This useful guide, written by a noted meditation teacher, offers easy strategies for overcoming stress and finding relaxation in any circumstance. Author Marina Bear presents meditation techniques in an encouraging way, making them accessible and enjoyable. In clear language, she explains the benefits of meditation, supported by recent scientific studies. While the book is aimed at secular readers, it acknowledges the rich tradition of religious meditation and explains some of the words and techniques associated with those traditions. Roger Williams' charming illustrations help make this an ideal gift book.

Mindfulness

An Eight-Week Plan for Finding Peace in a Frantic World

Rodale Books The life-changing international bestseller reveals a set of simple yet powerful mindfulness practices that you can incorporate into daily life to help break the cycle of anxiety, stress, unhappiness, and exhaustion. Mindfulness promotes the kind of happiness and peace that gets into your bones. It seeps into everything you do and helps you meet the worst that life throws at you with new courage. Based on Mindfulness-Based Cognitive Therapy (MBCT), the book revolves around a straightforward form of mindfulness meditation which takes just a few minutes a day for the full benefits to be revealed. MBCT has been clinically proven to be at least as effective as drugs for depression and is widely recommended by US physicians and the UK's National Institute for Health and Clinical Excellence—in other words, it works. More importantly it also works for people who are not depressed but who are struggling to keep up with the constant demands of the modern world. MBCT was developed by the book's author, Oxford professor Mark Williams, and his colleagues at the Universities of Cambridge and Toronto. By investing just 10 to 20 minutes each day, you can learn the simple mindfulness meditations at the heart of MBCT and fully reap their benefits. The book includes links to audio meditations to help guide you through the process. You'll be surprised by how quickly these techniques will have you enjoying life again.

The Mindful Christian

Cultivating a Life of Intentionality, Openness, and Faith

Fortress Press Mindfulness can help you live more joyfully and wholeheartedly in the world God created. The Mindful Christian provides readers with an overview of mindfulness practice through the lens of faith, showing how the ancient healing practice of mindfulness can help them live more joyfully and wholeheartedly. For Christians who are experiencing emotional pain, spiritual lethargy, or feelings of disconnection--or for Christians who are simply curious about how mindfulness can fit with their lives and their faith--this book will help them learn about and engage mindfulness practices in ways that leave them more compassionate, joyful, content, and at peace with themselves--and with God. The book offers easy-to-do mindfulness practices that will impact daily activities and relationships--empowering readers with the benefits of mindfulness for their emotional, spiritual, and relational health within the Christian life.

Fully Present

The Science, Art, and Practice of Mindfulness

Da Capo Lifelong Books Explores the practical art and science of mindfulness as it relates to the traditions of Buddhism with a helpful guide to improving a mindful stance and an awareness of life experiences in any situation or circumstance.

Light Is the New Black

A Guide to Answering Your Soul's Callings and Working Your Light

Hay House, Inc Awaken to your potential, connect with the callings your soul and light up the world with your presence. Your inner light is your soul and it is guiding you every moment of every day. Light Is the New Black is a guidebook for those who agreed to be here at this time in history to answer the call of their soul and work their light. This soulful, encouraging book will guide you to hear the callings of your soul, so you can light up the world with your presence. Rebecca Campbell had her first awakening when she was a teenager, but without anyone to guide her, she ignored her soul's callings and dimmed her light in order to fit in. Then, just before her 30th birthday, the life she had so consciously created began to crumble around her. It was as if the Universe had turned off all the lights, so she had no choice but to rediscover her own. In this book, Rebecca shares her own journey, alongside practical tools to help you reconnect with the core of your being and channelled messages from the Universe. Once you rediscover what you already know at soul level, you can create a life that is in alignment, discover your soul gifts and offer the world something that only you can give.

Reclaiming the Lost Art of Biblical Meditation

Find True Peace in Jesus

Thomas Nelson Let the words of my mouth and the meditation of my heart be acceptable in Your sight. — Psalm 19:14 Do you long to deepen your intimacy with the Lord? To find a sense of soul-steadying peace? To develop emotional strength? Then you will need to pause long enough to be still and know He is God. Trusted Pastor Robert Morgan leads us through a journey into biblical meditation, which, he says, is thinking Scripture—not just reading Scripture or studying Scripture or even thinking about Scripture—but thinking Scripture, contemplating, visualizing, and personifying the precious truths God has given us. The practice is as easy and portable as your brain, as available as your imagination, as near as your Bible, and the benefits are immediate. As you ponder, picture, and personalize God's Word, you begin looking at life through His lens, viewing the world from His perspective. And as your thoughts become happier and holier and brighter, so do you.

Meditation for Fidgety Skeptics

A 10% Happier How-To Book

Harris and Warren present a practical guide to meditation that debunks the myths, misconceptions, and self-deceptions that make many people reluctant to try it. They suggest a range of meditation practices that may lower your blood pressure, mitigate depression and anxiety, and literally rewire key parts of your brain.

Mindfulness for Beginners

Jaico Publishing House

Guided Buddhist Meditations

Essential Practices on the Stages of the Path

Shambhala Publications A new edition of a Buddhist classic, an accessible introduction to the stages of the path (lamrim)--including 14 hours of downloadable audio meditations. The Stages of the Path, or lamrim, presentation of Buddhist teachings (a step-by-step method to tame the mind) is a core topic of Buddhist study. The lamrim meditations remind us that the process of transforming the mind, unlike so much of our frantic modern society, is a slow and thoughtful one. Best-selling author and Buddhist teacher Thubten Chodron here provides clear explanations of the stages of the path, as well as an accompanying downloadable audio program containing over fourteen hours of guided meditations on each of the topics covered in the text. Chodron discusses how to establish a daily practice and presents the meditations in detail, followed by advice for newcomers, instructions for working with distractions, antidotes to mental afflictions, and suggestions on how to deepen Dharma practice. Each practitioner will find meaning and insight according to their own skill level.

Mindful Birthing

Training the Mind, Body, and Heart for Childbirth and Beyond

Harper Collins With Mindful Birthing, Nancy Bardacke, nurse-midwife and mindfulness teacher, lays out her innovative program for pregnancy, childbirth, and beyond. Drawing on groundbreaking research in neuroscience, mindfulness meditation, and mind/body medicine, Bardacke offers practices that will help you find calm and ease during this life-changing time, providing lifelong skills for healthy living and wise parenting. **SOME OF THE BENEFITS OF MINDFUL BIRTHING:** Increases confidence and decreases fear of childbirth Taps into deep inner resources for working with pain Improves couple communication, connection, and cooperation Provides stress-reducing skills for greater joy and wellbeing

Manifest Your Destiny

The Nine Spiritual Principles for Getting Everything You Want

Harper Collins From the inspirational leader and author of the international bestsellers *Your Sacred Self* and *Your Erroneous Zones* comes this mind-awakening guidebook for making your desires reality. Wayne Dyer is an extraordinary sensor of what people want and he moves with the ever-changing times. He focused on the heart of the spiritual with *Real Magic* and embraced individual sacredness with *Your Sacred Self*. In this enlightening work, he takes these concepts one step further to focus on meditation and manifesting what you want. Based on ancient principles and spiritual practices, *Manifest Your Destiny* teaches the process of meditation as a way to streamline your thoughts, desires, goals, and, ultimately, your life. Are the decisions and actions in your life controlled by your ego? Are you weighted down with unresolved troubles? Do you feel out of touch with your environment? Do you complain, find fault, or take for granted more often than you appreciate your life? You can overcome these barriers with Dyer's technique, as outlined in his *Nine Spiritual Principles* that will teach you to develop spiritual awareness, reconnect with the world, trust yourself and accept your worth, and let go of demands. Filled with warmth and insight, this invaluable book will help you achieve your goals and take you to a level higher than you've ever dreamed.

Meditation for Beginners

Jaico Publishing House **FREE** audio CD includes **SIX GUIDED MEDITATIONS** Have you ever thought about trying meditation, but didn't know how to get started? With *Meditation for Beginners*, trusted teacher Jack Kornfield shows you how simple it is to start - and stick with - a daily meditation practice. "Insight" or vipassana meditation is the time-honored skill of calming the spirit and clearing the mind for higher understanding. Now, in this complete course created especially for beginners, renowned teacher Jack Kornfield offers a straightforward, step-by-step method for bringing meditation into your life. Using the six guided meditations on the included disc, you will discover how easy it is to use your breath, physical sensations - and even difficult emotions - to create tranquility and loving kindness in your everyday life. These simple, elegant practices are so easy to learn that you will begin enjoying the benefits of meditation immediately - while laying the foundation for a lifetime of inner discovery and awakening.

Uncontrived Mindfulness

Ending Suffering through Attention, Curiosity and Wisdom

Windhorse Publications A comprehensive guide to ending suffering through the practice of mindfulness In *Uncontrived Mindfulness* Vajradevi guides us in the practice of exploring our experience as it happens. The emphasis is on cultivating wisdom, using the tools of attention and curiosity to see through the delusion that is causing our suffering.

The Power of Purity

Essential Essays and Answers About Spiritual Paths and Liberation

Penguin Random House India Private Limited Who am I? Where have I come from? Why am I here? What is my purpose? Why do people suffer? What is karma? What is reincarnation? Such burning existential questions have intrigued many since time immemorial. It is not for the faint of heart to pore over abstruse and often cryptic scriptures, or perform intense spiritual practices to get a glimpse of the truth. A panacea for seekers, *The Power of Purity* is a compilation of Mohanji's spontaneous answers to questions posed during various satsangs (spiritual discourses) and interactions across the world. With razor-sharp clarity and wit, Mohanji provides the reader with deep, subtle, yet easy-to-understand insights into the varied aspects of human existence, uniting the seemingly contrasting goals of spiritual mastery and worldly success. Many can use this book as a guide to finding solutions to life's myriad problems by randomly turning to one of its pages. In Mohanji's words, 'This book has been compiled to aid you to find your SELF and stay with your own soul. Those who are not eligible to read this book will not get to see it. Those who are casual readers will not understand this book. Those who were awaiting this message will take the cue and the next step . . . Nothing is accidental.'

An Ordinary Dude's Guide to Meditation

Learn how to meditate easily - without the religion, fluff or hippie stuff

John Weiler There are hundreds of meditation books out there. Many written by monks, and some written by hippies and spiritual gurus. But how many of these books are written by an ordinary dude? Someone who is just like you: someone who has a day job, whose preferred outfit is jeans and a t-shirt, and enjoys knocking back a few beers on Friday night? I'm as ordinary as they come. The only difference...I've been meditating for over 13 years. And I want to show you how you can meditate too—in a straightforward language that any ordinary dude or dudette can understand. Over a decade of practice, meditation has transformed my life, bringing more peace, calm and clarity into it than I could have ever imagined when I started at the age of 19. And now, I want to share how meditation can do the same for you.

Self-Compassion

The Proven Power of Being Kind to Yourself

Harper Collins Kristin Neff, Ph.D., says that it's time to "stop beating yourself up and leave insecurity behind." **Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind** offers expert advice on how to limit self-criticism and offset its negative effects, enabling you to achieve your highest potential and a more contented, fulfilled life. More and more, psychologists are turning away from an emphasis on self-esteem and moving toward self-compassion in the treatment of their patients—and Dr. Neff's extraordinary book offers exercises and action plans for dealing with every emotionally debilitating struggle, be it parenting, weight loss, or any of the numerous trials of everyday living.

Radical Compassion

Learning to Love Yourself and Your World with the Practice of RAIN

Penguin One of the most beloved and trusted mindfulness teachers in America offers a lifeline for difficult times: the RAIN meditation, which awakens our courage and heart Tara Brach is an in-the-trenches teacher whose work counters today's ever-increasing onslaught of news, conflict, demands, and anxieties--stresses that leave us rushing around on autopilot and cut off from the presence and creativity that give our lives meaning. In this heartfelt and deeply practical book, she offers an antidote: an easy-to-learn four-step meditation that quickly loosens the grip of difficult emotions and limiting beliefs. Each step in the meditation practice (Recognize, Allow, Investigate, Nurture) is brought to life by memorable stories shared by Tara and her students as they deal with feelings of overwhelm, loss, and self-aversion, with painful relationships, and past trauma--and as they discover step-by-step the sources of love, forgiveness, compassion, and deep wisdom alive within all of us. A PENGUIN LIFE TITLE

The Tapping Solution

Hay House, Inc Nick Ortner, founder of the Tapping World Summit and best-selling filmmaker of *The Tapping Solution*, is at the forefront of a new healing movement. In his upcoming book, *The Tapping Solution*, he gives readers everything they need to successfully start using the powerful practice of tapping - or Emotional Freedom Techniques (EFT). Tapping is one of the fastest and easiest ways to address both the emotional and physical problems that tend to hamper our lives. Using the energy meridians of the body, practitioners tap on specific points while focusing on particular negative emotions or physical sensations. The tapping helps calm the nervous system to restore the balance of energy in the body, and in turn rewire the brain to respond in healthy ways. This kind of conditioning can help rid practitioners of everything from chronic pain to phobias to addictions. Because of tapping's proven success in healing such a variety of problems, Ortner recommends to try it on any challenging issue. In *The Tapping Solution*, Ortner describes not only the history and science of tapping but also the practical applications. In a friendly voice, he lays out easy-to-use practices, diagrams, and worksheets that will teach readers, step-by-step, how to tap on a variety of issues. With chapters covering everything from the alleviation of pain to the encouragement of weight loss to fostering better relationships, Ortner opens readers' eyes to just how powerful this practice can be. Throughout the book, readers will see real-life stories of healing ranging from easing the pain of fibromyalgia to overcoming a fear of flying. The simple strategies Ortner outlines will help readers release their fears and clear the limiting beliefs that hold them back from creating the life they want.

Mindfulness and Grief

With guided meditations to calm the mind and restore the spirit

Ryland Peters & Small Without proper support, navigating the icy waters of grief may feel impossible. The grieving person may feel spiritually bankrupt and often the loss is so painful that the bereaved may lose faith in what they once held dear. Mindfulness meditation can restore hope by offering a compassionate safe haven for healing and self-reflection. While nobody can predict the path of someone else's grief, this book will guide the reader forward through the grieving process with simple mindfulness-based exercises to restore mind, body and spirit. These easy-to-follow meditations will help the reader to cope with the pain of loss, and embark on a healing journey. Each chapter focuses on a different aspect of grief, and the guided meditations will calm the mind and increase clarity and focus. Mindfulness and Grief will help readers to begin the process of reconstructing the shattered self that is left in the wake of any major loss.

How to Meditate

A Practical Guide to Making Friends with Your Mind

Jaico Publishing House More and more people are beginning to recognize a profound inner longing for authenticity, connection, compassion, and aliveness. Meditation, Pema explains, gives us a golden key to address this yearning. This comprehensive guide shows readers how to honestly meet and openly relate with the mind to embrace the fullness of our experience as we discover: • The basics of meditation, from getting settled and the six points of posture to working with your breath and cultivating an attitude of unconditional friendliness • Gentleness, patience and humor - three ingredients for a well-balanced practice • Shamatha (or calm abiding), the art of stabilizing the mind to remain present with whatever arises • Thoughts and emotions as "sheer delight"- instead of obstacles-in meditation Here is a indispensable book from the meditation teacher who remains a first choice for students the world over. Ani Pema Chödrön is an American-born Tibetan Buddhist nun and best selling author. She taught as an elementary school teacher for many years in both New Mexico and California. Pema has two children and three grandchildren.

15 Things You Should Give Up to Be Happy

An Inspiring Guide to Discovering Effortless Joy

Penguin Based on a phenomenally popular blog post, a simple and counterintuitive approach to finding true joy When Luminita Saviuc, founder the PurposeFairy blog, posted a list of things to let go in order to be happy, she had no idea that it would go viral, shared more than 1.2 million times and counting. Based on that inspiring post, this heartfelt book gives readers permission to give up--that is, to let go of the bad habits that are holding them back from achieving authentic happiness and living their best lives. Lessons include: • Give Up the Past • Give Up Your Limiting Beliefs • Give Up Blaming Others • Give Up the Need to Always Be Right • Give Up Labels • Give Up Attachment Simple yet wise, and informed by the author's own inspiring personal journey, this liberating little book presents a fresh twist on happiness advice: take a step back to reflect, and give yourself permission to let things go. Includes a foreword by Vishen Lakhiani, New York Times-bestselling author of *The Code of the Extraordinary Mind* and founder and CEO of Mindvalley.

Free Your Mind

An African American Guide to Meditation and Freedom

Createspace Independent Publishing Platform Although more and more Americans are practicing meditation, it is still relatively rare among African Americans. In *Free Your Mind*, Cortez Rainey does something about this by speaking directly to African Americans about meditation. *Free Your Mind* introduces meditation by using stories about the heroic men and women who journeyed from slavery to freedom on the Underground Railroad. This easy to read guidebook explains how to use meditation principles and techniques at home, either alone or with family and friends, to free your mind from thoughts that keep you shackled and bound. As you apply the principles and practice the techniques, the stories about Underground Railroad heroes and heroines-such as Harriet Tubman-will guide you and inspire you to overcome challenges you encounter while meditating, as well as the ones you encounter in everyday life. *Free Your Mind* presents meditation as a path that African Americans can use to develop a mind that is free of limiting thoughts. As you journey, you will bring forth more of your "inherent goodness, genius, and potential." Eventually, you'll reach the "Promised Land."

The Mind Illuminated

A Complete Meditation Guide Integrating Buddhist Wisdom and Brain Science for

Greater Mindfulness

Hay House, Inc *The Mind Illuminated* is a comprehensive, accessible and - above all - effective book on meditation, providing a nuts-and-bolts stage-based system that helps all levels of meditators establish and deepen their practice. Providing step-by-step guidance for every stage of the meditation path, this uniquely comprehensive guide for a Western audience combines the wisdom from the teachings of the Buddha with the latest research in cognitive psychology and neuroscience. Clear and friendly, this in-depth practice manual builds on the nine-stage model of meditation originally articulated by the ancient Indian sage Asanga, crystallizing the entire meditative journey into 10 clearly-defined stages. The book also introduces a new and fascinating model of how the mind works, and uses illustrations and charts to help the reader work through each stage. This manual is an essential read for the beginner to the seasoned veteran of meditation.

The Little Book of Being

Practices and Guidance for Uncovering Your Natural Awareness

Sounds True A practical guide for experiencing natural awareness—an effortless and spacious state of resting in the depth of our being. Do you recall, as a child, being enthralled by a drifting cloud, a rain-soaked leaf, a wandering ladybug? Or suddenly having a sense of timelessness, contentment, and ease? If so, then you've already had a taste of natural awareness. Known and revered in many traditions as a complement to focused mindfulness training, natural awareness transcends even these wondrous childhood moments. Some describe it as a profound “awareness of awareness”—an effortless, boundless state of resting in the depth of our being. For those new to meditation and experienced meditators alike, these 72 “mini-chapters” guide you on an in-depth odyssey into natural awareness, illuminated by many simple and enjoyable insights and exercises. *The Little Book of Being* invites you to explore: The spectrum of awareness practices, from focused mindfulness to flexible mindfulness to natural awareness How classical mindfulness and effortless natural awareness enrich and shape each other, and how to practice both Three ways to move into natural awareness—relaxing effort, broadening awareness, and dropping objects A treasury of “glimpse practices” to spark natural awareness anytime, in just a few moments How to bring this way of “simply being” into your daily life, into your connection with others, and into the world “At first natural awareness may seem far away, just a whisper, but then it will begin to grow and expand and permeate aspects of living. Over time we may feel more peace, more connection to ourselves. We may find ourselves taking life a bit more lightly. We may feel a sense of relaxed ‘beingness’ throughout the day, and when we do get caught in our dramas, we may find ourselves moving out of them quicker than we imagined we could.” —Diana Winston

Ocean Blue Meditation Sidekick Journal

A Practical Guide to Exploring Mindfulness

Habit Nest *The Meditation Sidekick Journal* is a book and journal that guides you through learning how to meditate, facilitates self-inquiry, and promotes individual growth. This journal debunks our ideas and associations about what meditation is and what the experience can be. We will guide you to experiencing the incredible benefits the practice actually brings. Meditation doesn't have to be scary. *The Meditation Sidekick Journal* will give you all the inner and outer tools you need to begin a practice of meditation, and ultimately meditate effectively on your own. *The Meditation Sidekick Journal* is built for people who: Struggle with staying consistent with meditation on a daily basis. Feel a bit lost with meditation or who doesn't feel like they're "naturally good at it." Want to take an existing meditation practice to the next level. Want to improve their "internal dialogue" with themselves and be more positive/supportive to who they are. How The Journal Is Broken Down? *The Meditation Sidekick Journal* is a 90-day journal. It is divided into three unique 'phases.' Each phase provides a tracking page and daily content specifically tailored to help you defeat the struggle associated with the phase you're in of the habit-building process. Why Does *The Meditation Sidekick Journal* Actually Work? This journal debunks our ideas and associations about what meditation is and what the experience can be. We will guide you to experiencing the incredible benefits the practice actually brings.

A Sloth's Guide to Mindfulness

Chronicle Books It's OK to slow down. Take a pause and focus on your breath. Let the other animals run around, you do you. Follow a serene and smiley sloth through a series of light meditations and daily reflections with this unexpected and snuggable guide. From simple breathing exercises and guided visualizations to the benefits of chewing your leaves slowly and staying present while hanging from a tree, this little illustrated book of mindfulness will help readers discover the path to a peaceful, philosophical life. With playful advice and delightfully charming illustrations, this no-sweat approach to enlightenment is a sweet reminder to take it slow and smile.

Healing Breath

A Guided Meditation through Nature for Kids

New World Library A gorgeously illustrated guided meditation to calm and soothe as well as inspire and empower us to act on behalf of the natural world Join the award-winning team of writer and teacher Bill Meyer and illustrator Brittany R. Jacobs on a guided meditation journey through rich, colorful landscapes spanning the globe. Breathe into the experience of waves on the ocean, trees in a forest, and the warmth of a desert, and feel your connection to all of life, from barnacles to baboons to falcons to farmers. This magical meditation-in-a-book is ideal for anyone who wants to simultaneously calm down and rise up to the world in all its wonders.

Radical Acceptance

Bantam For many of us, feelings of deficiency are right around the corner. It doesn't take much--just hearing of someone else's accomplishments, being criticized, getting into an argument, making a mistake at work--to make us feel that we are not okay. Beginning to understand how our lives have become ensnared in this trance of unworthiness is our first step toward reconnecting with who we really are and what it means to live fully. —from *Radical Acceptance* “Believing that something is wrong with us is a deep and tenacious suffering,” says Tara Brach at the start of this illuminating book. This suffering emerges in crippling self-judgments and conflicts in our relationships, in addictions and perfectionism, in loneliness and overwork—all the forces that keep our lives constricted and unfulfilled. *Radical Acceptance* offers a path to freedom, including the day-to-day practical guidance developed over Dr. Brach's twenty years of work with therapy clients and Buddhist students. Writing with great warmth and clarity, Tara Brach brings her teachings alive through personal stories and case histories, fresh interpretations of Buddhist tales, and guided meditations. Step by step, she leads us to trust our innate goodness, showing how we can develop the balance of clear-sightedness and compassion that is the essence of *Radical Acceptance*. *Radical Acceptance* does not mean self-indulgence or passivity. Instead it empowers genuine change: healing fear and shame and helping to build loving, authentic relationships. When we stop being at war with ourselves, we are free to live fully every precious moment of our lives.

The Mindful Twenty-Something

Life Skills to Handle Stress...and Everything Else

New Harbinger Publications “A 21st century book, grounded in ancient ways of practice.” —Sharon Salzberg, author of *Lovingkindness* and *Real Happiness* In *The Mindful Twenty-Something*, the cofounder of the extremely popular Koru Mindfulness program developed at Duke University presents a unique, evidence-based approach to help you make important life decisions with clarity and confidence. As a twenty-something, you may feel like you are being pulled in dozen different directions. With the daily tumult, busyness, and major life changes you experience as a young adult, you may also be particularly vulnerable to stress and its negative effects. Emerging adulthood, which occurs between the ages of 18 and 29, is a developmental stage of life when you're faced with important decisions about school, relationships, sex, your career, and more. With so much going on, you need a guide to help you navigate with less stress and more ease. The Koru Mindfulness program, developed at Duke University and already in use on numerous college campuses—including Harvard, Yale, Princeton, MIT, Dartmouth, and several others—and in treatment centers across the country, is the only evidence-based mindfulness training program for young adults that has been empirically proven to have significant benefits for sleep, perceived stress, and self-compassion. Now, with *The Mindful Twenty-Something*, this popular program is accessible to all young adults struggling with stress. With Koru Mindfulness and the practical tools you'll learn from this acceptance-based, proven-effective approach, you'll be able to cultivate the compassion and mindfulness skills you need to manage life's challenges from a calm, balanced center, regardless of what comes your way.

Big Breath

A Guided Meditation for Kids

New World Library Calm your worries and build your bravery — or just relax during a busy day or wind down before bed All day long, you breathe — in and out, in and out — without even thinking about it. But did you know that you can play with your breath, use it to take you on an adventure? All you have to do is find a comfy spot and close your eyes. Does your breath sound like ocean waves? Like the wind before a storm or a breeze at the start of spring? Can you feel it all the way down to the tips of your toes? By the time you open your eyes, you might just feel a little lighter, calmer, more relaxed. In *Big Breath*, William Meyer's gentle prompts, alongside Brittany R. Jacobs's wonderful illustrations, make meditation as fun as a game, but with big results.