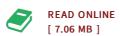




# The Present.: A Mindfulness Handbook for the Everyday Guru (Paperback)

By Jason Paul Jelicich

Balboa Press Australia, United States, 2016. Paperback. Condition: New. Language: English. Brand New Book \*\*\*\*\*\* Print on Demand \*\*\*\*\*\*. When is the last time that you did nothing for 10mins? Not reading not watching TV.not even thinking? For many this seems an impossible feat. Life is just too busy. We have become so consumed by our work, smartphones and gossip that we have lost touch with our natural selves. This disconnection is the root cause of much of the pain we suffer, a pain that arises from our resistance to what is. You likely have been thinking about doing something about this for a while now, knowing that your current trajectory leaves little left in the tank for self-care. Like most of us, you have experienced that feeling of restlessness that keeps your mind whirring, even in moments of repose. The world just keeps on getting faster, and you find yourself struggling to keep pace, to stay on top of things, to stay centred. The Present is written for people just like you. It is a laypersons guide to mindfulness, offering insights and practices on how to be less tangled up in your thoughts about the past and/or future -...



## Reviews

This book is definitely worth buying. This really is for all who statte there had not been a worthy of studying. You will not sense monotony at at any moment of the time (that's what catalogs are for concerning should you check with me).

-- Mr. Martin Baumbach

It in just one of my personal favorite book. I was able to comprehended every little thing out of this published e publication. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Isaac Olson

## You May Also Like



#### Now and Then: From Coney Island to Here

Alfred A. Knopf. Hardcover. Book Condition: New. 0375400621 Never Read-12+ year old Hardcover book with dust jacket-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy- I ship FAST with FREE tracking!!...



## It's Just a Date: How to Get 'em, How to Read 'em, and How to Rock 'em

HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, It's Just a Date: How to Get'em, How to Read 'em, and How to Rock 'em, Greg Behrendt, Amiira Ruotola-Behrendt, A fabulous new guide to dating co-authored by Greg Behrendt, former writer on...



#### How to Make a Free Website for Kids

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\*
Print on Demand \*\*\*\*\*.Table of Contents Preface Chapter # 1: Benefits of Having a Website Chapter # 2: Signing Up for a Website...



The About com Guide to Baby Care A Complete Resource for Your Babys Health Development and Happiness by Robin Elise Weiss 2007 Paperback

Book Condition: Brand New. Book Condition: Brand New.



## Hitler's Exiles: Personal Stories of the Flight from Nazi Germany to America

New Press. Hardcover. Book Condition: New. 1565843940 Never Read-12+ year old Hardcover book with dust jacket-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy- I ship FAST with FREE tracking!! \*...



## My Grandma Died: A Child's Story About Grief and Loss

Parenting Press, U.S. Paperback. Book Condition: new. BRAND NEW, My Grandma Died: A Child's Story About Grief and Loss, Lory Britain, Carol Deach, This gentle story is written for the very young. It uses simple, honest language to clarify that death is permanent....