



## Dozen Meditations

By Michael Fontana

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Novelist Michael Fontana ponders matters of faith in his new collection of essays, Dozen Meditations. Fontanas thoughtful voice rings clear in a collection that offers a sense of stillness in a world full of chaos. Published by the Medulla Review Publishing, Fontanas work broaches personal issues with enlightened words that dig deeply into the true grit of life. Dozen Meditations is a sacred space of meditation; a space where fear has no place, and mindfulness reigns. "You are the Earth," Fontana states. "You are not alone in the world. You never have been." The writer is careful and deliberate in his phrasing, tackling the very substance of our existence and exploring a means toward better living. "Watch where your mind takes you. Take it to better places," he writes. Michael Fontana is the author of two novels: Sleeping with Gods and The Sacred Machine. His prose and poetry has been published in several journals, including The Other Side, The Sun, Z Magazine, and Tikkun.



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