

LLEWELLYN'S

COMPLETE BOOK OF
MINDFUL LIVING



AWARENESS AND MEDITATION PRACTICES
FOR LIVING IN THE PRESENT MOMENT

Including Michael Bernard Beckwith, Jack Canfield,
Cyndi Dale, Guy Finley, Rolf Gates, and Thomas Moore

ROBERT BUTERA, PhD and ERIN BYRON, MA

Resumo de Llewellyn's Complete Book of Mindful Living: Awareness & Meditation Practices for Living in the Present Moment

Enhance your awareness, gain higher focus and happiness, and improve all levels of your health with the discussions and supportive practices in this guide to mindful living. Featuring a number of leading meditation and mindfulness experts—including Michael Bernard Beckwith, Jack Canfield, Thomas Moore, Cyndi Dale, Guy Finley, and many others—Llewellyn's Complete Book of Mindful Living shows you how to develop your well-being and overcome the obstacles that stand in your way.

A comprehensive gathering of visionary teachers and authors, this book provides inspiration, discussion, and specific practices around the transformative applications of mindfulness: basic understanding and practices, better health, loving your body, reaching your potential, and connecting to subtle energy and spirit.

Includes articles and chapters by influential authors, including Rachel Avalon, Michael Bernard Beckwith, Jeanne Van Bronkhorst, Sarah Bowen, Erin Byron, Robert Butera, Jack Canfield, Alexandra Chauran, Cyndi Dale, Sherrie Dillard, Guy Finley, Rolf Gates, Melissa Grabau, Servet Hasan, Ana Holub, Patricia Johnson, Shakta Khalsa, Melanie Klein, Danielle MacKinnon, Mark A.

Michaels, William L. Mikulas, Thomas Moore, Keith Park, Deborah Sandella, Amy B. Scher, Tess Whitehurst, and Angela Wix.

[Acesse aqui a versão completa deste livro](#)