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meditation practice is far simpler, more fun, less esoteric and much more relevant to the wide-ranging situations we encounter in everyday life than we might imagine. Rather than an ornate, arcane set of instructions, meditation consists of practical,



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accessible tools to help deepen  
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lovingkindness—it's a practice anyone can do and that can transform our lives by bringing us greater resiliency, creativity, peace, clarity, and balance.

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the four noble virtues of

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Buddhahood—a state of life that is forever (eternity) secure (true self), refreshed (purity), and joyful (happiness). The Bodhisattvas of the Earth, displaying the power inherent in life, seek to protect and free from suffering all living beings and the entire world.

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years prove it, and Western science backs it: Meditation sharpens focus. Meditation lowers blood pressure, relieves chronic pain, reduces stress.

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for just twenty minutes a day, can transform your life and bring greater resiliency, creativity, peace, clarity, and balance. There's hearing meditation. Walking meditation. Meditation for seeing the good within. The second edition includes a new



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introduction by the author, plus exercises—for engaging the senses, for reclaiming our space, for “changing the narrative” to find a more compassionate view—and journal prompts to inspire reflection. And throughout, there are ten guided

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Celebrating its 10th anniversary,

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this is the must-have, time-honoured, foolproof guide to meditation - now with six brand new meditation tracks.

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as accomplishment, creativity, teamwork—and mitigate the negatives, including stress, exhaustion, and the feeling of being overwhelmed and underappreciated. Created by Sharon Salzberg, one of the foremost meditation teachers in

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time and emotions to counterbalance stress and frustration. Includes specific meditations designed for workplace issues, "steal meditations that take moments to do and are invisible to office mates, and dozens of exercises,

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plus helpful Q&As. Includes free  
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Without proper support,  
navigating the icy waters of grief  
may feel impossible. The grieving  
person may feel spiritually

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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

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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

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self that is left in the wake of any  
major loss.

Throughout our lives we long to love ourselves more deeply and find a greater sense of connection with others. Our fear of intimacy—both with others and

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with ourselves—creates feelings of pain and longing. But these feelings can awaken in us the desire for freedom and the willingness to take up the spiritual path. In this inspiring book, Sharon Salzberg, one of America's leading spiritual teachers, shows

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illustrate how each one of us can  
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finds himself disillusioned and disappointed, convinced Adler's teachings only work in theory, not in practice. But through further discussions between the philosopher and the young man, they deepen their own understandings of Adler's

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