



# **Llewellyn's Complete Book of Mindful Living: Awareness & Meditation Practices for Living in the Present Moment (Llewellyn's Complete Book Series)**

*By Rev Michael Bernard Beckwith, Robert Butera Butera, William L. Mikulas Mikulas, Erin Byron Byron, Amy B. Scher, Keith Park Park, Danielle MacKinnon, Angela Wix, Alexandra Chauran, Rachel Avalon, Melissa Grabau Grabau, Sarah Bowen, Jeanne Van Bronkhorst, Servet Hasan, Rolf Gates, Melanie C. Klein, Mark A. Michaels, Patricia Johnson, Ana Holub, Guy Finley, Jack Canfield, Deborah Sandella, Tess Whitehurst, Thomas Moore, Cyndi Dale, Sherrie Dillard, Shakta Khalsa*

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Enhance your awareness, achieve higher focus and happiness, and improve all levels of your health with the supportive practices in this guide to mindful living. Featuring over twenty-five leading meditation and mindfulness experts, *Llewellyn's Complete Book of Mindful Living* shows you how to boost your well-being and overcome obstacles.

With an impressive array of topics by visionary teachers and authors, this comprehensive book provides inspiration, discussion, and specific techniques based on the transformative applications of mindfulness: basic understanding and practices, better health, loving your body, reaching your potential, and connecting to subtle energy and spirit. Using meditation, breathwork, and other powerful exercises, you'll bring the many benefits of mindfulness into your everyday life.

Contributors include Rachel Avalon, Michael Bernard Beckwith, Sarah Bowen, Jeanne Van Bronkhorst, 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.

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## **Editorial Review**

### **About the Author**

**Robert Butera, MDiv, PhD** (Devon, PA) founded the YogaLife Institute in Pennsylvania, where he trains yoga and meditation teachers and comprehensive yoga therapists. Robert's PhD at CA Institute of Integral Studies focused on Yoga Therapy for Immunity. He publishes Yoga Living Magazine and authored *The Pure Heart of Yoga* and *Meditation for Your Life*. Visit him online at [YogaLifeInstitute.com](http://YogaLifeInstitute.com).

**Erin Byron, MA**, is a psychotherapist who has studied yoga psychology and expressive arts for twenty years. She is one of the founders of Comprehensive Yoga Therapist Training, specializing in mental health, and author of numerous books and articles on yoga therapy. Erin brings laughter, creativity and play into all of her writing and lectures as she connects you to the joy of what is possible in life. [www.ErinByron.com](http://www.ErinByron.com)

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### **Rosa Milliken:**

In this particular era which is the greater person or who has ability in doing something more are more special than other. Do you want to become certainly one of it? It is just simple solution to have that. What you must do is just spending your time not much but quite enough to experience a look at some books. One of the books in the top listing in your reading list is actually Llewellyn's Complete Book of Mindful Living: Awareness & Meditation Practices for Living in the Present Moment (Llewellyn's Complete Book Series). This book that is certainly qualified as The Hungry Mountains can get you closer in growing to be precious person. By looking right up and review this e-book you can get many advantages.

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