



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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- Sales Rank: #321509 in Books
- Published on: 2016-04-08
- Original language: English
- Number of items: 1
- Dimensions: 9.90" h x 1.00" w x 8.00" l, .0 pounds
- Binding: Paperback
- 384 pages

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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.

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

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Users Review

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