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## Zen on the Run (Paperback)

By Lawrence I Sank

Mill City Press, Inc., United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.YES YOU CAN: - Change your habits- Reduce your levels of anxiety and depression- Increase satisfaction with your life WITHOUT: - Joining an ashram- Sitting for hours in a meditative trance- Forgoing life's pleasures Too busy, too impatient, too preoccupied to read a book about mindfulness and meditation? Then this is the book for you. Zen on the Run offers readers a clear, concise introduction to the basic concept and practice of mindfulness, a life-altering model for living life to the fullest. In simple, easy-to-follow language and with helpful examples, this book will show you how mindfulness can help you re-embrace life and experience a fuller, more compassionate, more joyful existence--all in a New York minute! Finally a no-nonsense, get-to-the-point, practical approach to mindfulness and meditation! \*\*\*\*\* I've written a short book on mindfulness. The very title, Zen on the Run: Mindfulness in a New York Minute encapsulates the focus of this work. It is brief and easily accessible. It's targeted to those (not just New Yorkers) who multitask, are inattentive to the world they live in...

### Reviews

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