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Mindfulness In Action: Making Friends With Yourself Through Meditation And Everyday Awareness

"Mindfulness is the direct path to insight—and no one has ever illustrated that wonderful path more skillfully than Chögyam Trungpa."
—PEMA CHÖDRÖN

Mindfulness *in Action*

Making Friends with Yourself
through Meditation and
Everyday Awareness

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Chögyam Trungpa

Edited by Carolyn Rose Gimian



Synopsis

The rewards of mindfulness practice are well proven: reduced stress, improved concentration, and an overall sense of well-being. But those benefits are just the beginning. Mindfulness in action - mindfulness applied throughout life - can help us work more effectively with life's challenges, expanding our appreciation and potential for creative engagement. This guide to mindful awareness through meditation provides all the basics to get you started but also goes deeper to address the questions that naturally arise as your practice matures and further insight arises. A distillation of teachings on the subject by one of the great meditation masters of our time, this book serves as an introduction to the practice as well as a guide to the ongoing mindful journey.

Book Information

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Customer Reviews

This book is an inspiration. The editor Carolyn Rose Gimian has sifted through the roughly 2,000 talks Chogyam Trungpa gave on meditation and mindfulness and pulled together his pith instructions and witty observations. It is best read slowly so you can absorb the wisdom. If you follow his instructions, you will establish a strong meditation and mindfulness practice.

Chogyam is clear, lucid and brilliant. It's all the more amazing since English was not his native language. This book, Mindfulness in Action, makes the case, with simplicity and thoroughness, for what mindfulness & meditation really are and why we should practice.

It's always refreshing to find, and return to, authentic wellsprings of the deep sacred knowledge which continues to bring great blessings to the west from Tibet. True mindfulness as presented here by the great master Chogyam Trungpa Rinpoche sounds as fresh and relevant today as ever-- all the more in light the flood of "mindfulness" fadsters jumping on to the bandwagon-- for better or worse.

Best buy!

Truly a gem for those interested in cultivating real mindfulness. He was a living treasure.

The astonishing Chogyam Trungpa. One can't have enough of his work.

Great book about meditation and mindfulness! Very easy read and excellent discussion book with our meditation group .

Very helpful informative and refreshing to read CTR's teaching on Mindfulness

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