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The Total Mindset: The Practicing Mind(mp3 CD Audiobook)/The Meditating Mind(Audio 2-CD Set)



Synopsis

The Total Mindset will paradoxically both calm and energize your life. This signature set includes both *The Practicing Mind* and *The Meditating Mind*. In the book *The Practicing Mind*, Thomas M. Sterner provides new insight into how you can make being more disciplined and focused, and living in the present moment, a natural part of your daily life experience. *The Meditating Mind* will provide you with an overview of what meditation is and how, in a very short time, you can begin to enjoy the benefits of its presence in your daily routine. It will both teach and guide you through a meditation method that can be used by anyone to clear their mind of stress-causing chatter in as little as 10 minutes a day. The Total Mindset is available in two unique combinations: *The Practicing Mind* (Print Book) combined with *The Meditating Mind* (2-CD Set), and *The Practicing Mind* (Unabridged 2-CD Set Audiobook in mp3 CD Audiobook format) combined with *The Meditating Mind* (2-CD Set), each offered at a special discounted price.

Book Information

Audio CD

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Average Customer Review: 5.0 out of 5 stars 3 customer reviews

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Customer Reviews

The book provides a brief and practical introduction to mindfulness and meditation techniques that are simple in a brief, very readable book. Its emphasis is on practice, repetition and maintaining a non judgemental, positive and peaceful attitude to learning and living in the moment. In 98 pages you get a straightforward introduction to meditation and the Zen idea "only here and now" without any religious complications or unnecessary Mystical babble. The package with the CD recording of vocalizations designed to aid in the meditative practice consisted mostly of a chorus of "aaaaaaa's" that seemed unnecessary and unhelpful. Buy the book. It's an easy read, short, very helpful and easy

to implement

What he says makes a lot of sense to me. Worth reading and applying the principles. I liked the accompanying Audio CD set.

This book shows me again, that the path is the aim. In many example he described, how to work and live more relaxed, with more fun and even more effective. What says Zen: never rush; and be effective. For all stressed people and work alcohols' is this book the best remedy.

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