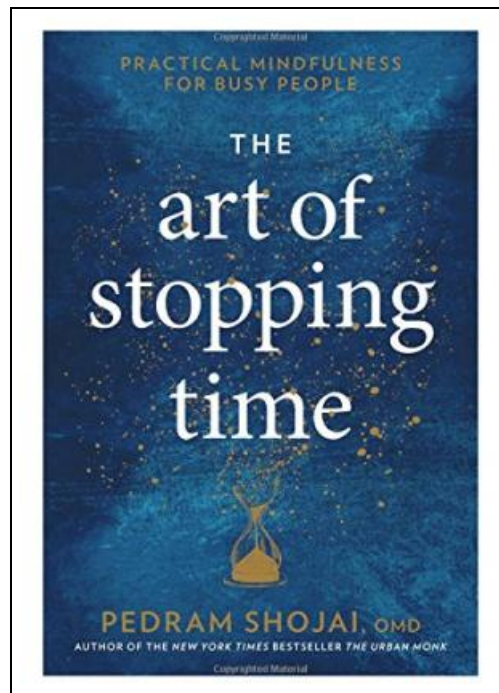


The Art of Stopping Time: Practical Mindfulness for Busy People (Hardback)



Filesize: 6.94 MB

Reviews

*It is in a single of my personal favorite ebook. It can be loaded with wisdom and knowledge You can expect to like just how the blogger create this pdf.
(Dr. Travis Berge)*

THE ART OF STOPPING TIME: PRACTICAL MINDFULNESS FOR BUSY PEOPLE (HARDBACK)

[DOWNLOAD](#)

Rodale Books, 2017. Hardback. Condition: New. Language: English . Brand New Book. We re all struggling to find time in our lives, but somehow there s never enough to go around. We re too tired to think, too wired to focus, less efficient than we want to be, and guilty about not getting enough time with our loved ones. We all know that we feel starved for time, but what are we actually doing about it? Precious little. In The Art of Stopping Time, New York Times bestselling author Pedram Shojai guides us towards success with what he calls Time Prosperity--having the time to accomplish what you want in life without feeling compressed, stressed, overburdened, or hurried. So how do we achieve this Time Prosperity? We learn to Stop Time. To do that, Shojai walks us through a 100-day Gong, which is based on the Chinese practice of designating an amount of time each day to perform a specific task. The ritual helps you become mindful, train your mind, instill new habits, and fundamentally transform your relationship with time. We can find moments of mental awareness while in the shower, eating a snack, listening to podcasts, and even while binge-watching our favorite TV shows. He shares how to use Gongs to reprogram your habits, reduce stress, increase energy, exercise the ancient practice of mindfulness, and become a master of your time. Whether you do one per day, a bunch at a time, or read the whole book in one sitting, practicing the Gongs is a dedicated act of self-love that snaps us out of our daily trance and brings the light of awareness to our consciousness. The more we practice, the more we wake up, and the better off we are.

[Read The Art of Stopping Time: Practical Mindfulness for Busy People \(Hardback\) Online](#)[Download PDF The Art of Stopping Time: Practical Mindfulness for Busy People \(Hardback\)](#)

Relevant Kindle Books



Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English . Brand New Book. An international bestseller, Barbara Coloroso s groundbreaking and trusted guide on bullying-including cyberbullying-arms parents...

[Read PDF »](#)



Friendfluence: The Surprising Ways Friends Make Us Who We Are

Doubleday, 2013. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: "Intriguing.A convincing case for nurturing friendships in many of the same ways we nurture relationships with partners and other...

[Read PDF »](#)



Oxford Reading Tree Treetops Time Chronicles: Level 13: the Stone of Destiny

Oxford University Press, United Kingdom, 2014. Paperback. Book Condition: New. Mr. Alex Brychta (illustrator). 205 x 148 mm. Language: English . Brand New Book. In The Stone of Destiny the Time Runners battle to stop...

[Read PDF »](#)



The Mystery of God s Evidence They Don t Want You to Know of

Createspace, United States, 2012. Paperback. Book Condition: New. 276 x 214 mm. Language: English . Brand New Book ***** Print on Demand *****.Save children s lives learn the discovery of God Can we discover God?...

[Read PDF »](#)



History of the Town of Sutton Massachusetts from 1704 to 1876

Createspace, United States, 2015. Paperback. Book Condition: New. annotated edition. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.This version of the History of the Town of Sutton Massachusetts...

[Read PDF »](#)

**Time Bites: Views and Reviews**

Harper. Hardcover. Book Condition: New. 0060831405 Never Read-12+ year old Hardcover book with dust jacket-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy-1

[Download Book »](#)

**DK Readers L1: Feeding Time**

DK Publishing (Dorling Kindersley). Paperback / softback. Book Condition: new. BRAND NEW, DK Readers L1: Feeding Time, Lee Davis, DK Publishing, Linda Martin, This Level 1 book is appropriate for children who are just beginning

[Download Book »](#)

**13 Things Rich People Won t Tell You: 325+ Tried-And-True Secrets to Building Your Fortune No Matter What Your Salary (Hardback)**

Reader s Digest Association, United States, 2013. Hardcover. Book Condition: New. 231 x 160 mm. Language: English . Brand New Book. Did you read about the janitor who donated million dollars to his local

[Download Book »](#)

**Learn the Nautical Rules of the Road: An Expert Guide to the COLREGs for All Yachtsmen and Mariners**

Fernhurst Books Limited. Paperback. Book Condition: new. BRAND NEW, Learn the Nautical Rules of the Road: An Expert Guide to the COLREGs for All Yachtsmen and Mariners, Paul B. Boissier, Expert information for yachtsmen and

[Download Book »](#)

**Would It Kill You to Stop Doing That?**

Book Condition: New. Publisher/Verlag: Little, Brown Book Group | A Modern Guide to Manners | A laugh-out-loud guide to modern manners by acclaimed humorist, author, and Vanity Fair columnist Henry Alford. | A few years

[Download Book »](#)