



## The Art of Mindful Silence (Hardback)

By Adam Ford

The Ivy Press, United Kingdom, 2011. Hardback. Condition: New. Language: English . Brand New Book. The Art of Mindful Silence explores our existential search for mindful solitude, what it can mean, and how we can all benefit from peaceful solace. Silence-seeker Adam Ford wisely interrogates the quiet spaces and pauses in life, drawing upon the spiritual use of solitude in religious traditions from Native American initiation ceremonies to Christian hermitages. He examines the creative power of silence as a source of inner strength and self-knowledge, and also reveals its darker side when used as a political or relationship weapon. Through personal anecdote and practical daily meditations, The Art of Mindful Silence shows how we can all find moments of soothing peace to nourish our spirits in an increasingly chaotic world.



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