



## Letting Go: Practical Meditation for Everyday People

By Jon Burr

Createspace. Paperback. Condition: New. This item is printed on demand. 15 pages. Life getting you down Stressed to the max Let Go. What does that mean How do you do it Its explained here. Jon Burr has created a practical manual for personal renewal, recovery and healing using insights from his own experience. This writing is immensely helpful and I have sincerely benefitted from reading it Apparently I we really needed this. Who knew that letting go was an art form that needs to be practiced! Mil gracias. Mara Elena Gaitn (aka Chola Con Cello) I love the multidimensional multidisciplinary approach The neuroscience aspect of it is in a way a discipline on its own and is really advanced thinking your thinking runs parallel to the essence of that book, The Brain That Changes itself Arlyn Valencia, M. D. Neurologist, Stroke Subspecialist The Author Jon Burr is a bassist, composer, teacher, author, producer, engineer, chef, and dad. Active in the creative arts since childhood, he sat in for Charlie Mingus (by Mingus invitation) at the Village Vanguard at the age of 16, and went on to play with jazz greats such as Buddy Rich, Chet Baker, Stan Getz, Stephane Grappelli, and pop artists such as Tony Bennett, Eartha Kitt,...



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