



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

By Pedram Shojai

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 though 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..



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