



## 90 Days of Mindfulness: A Journal for Wisdom Seekers (Paperback)

By Bonnie L Johnston

Createspace, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.A Journal for Anyone Who Seeks Greater Self-Understanding through Mindfulness Meditation Mindfulness allows you to become aware of your shadow: the negative beliefs, habits, biases and fears hidden in your subconscious that keep you from living an awakened life. Left unexamined, these harmful mental processes generate stress and anxiety, leaving you exhausted, overwhelmed, and vulnerable to self-sabotage. The gentle questions presented inside are designed to help you bring these unhelpful mental patterns into the light of awareness-where they can no longer control you. When practiced as a daily discipline, the simple Buddhist-inspired process contained in this journal serves as a bridge between meditation and everyday life. Valuable for those studying Zen meditation, Vipassana, Yoga, Tai Chi, or any other wisdom-seeking tradition-whether you practice sitting meditation or moving meditation, this mindfulness workbook will deepen your spiritual practice. Cultivate Mindfulness - Discover Peace - Heal Your Life Categories: Mindfulness Workbook, Mindfulness Meditation, Mindfulness Meditation for Beginners, Vipassana, Zen Meditation.



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