



Finding the Center Within: The Healing Way of Mindfulness Meditation

Thomas Bien, Beverly Bien

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"Finding the Center Within is a practical manual on the practice of mindfulness, which can help many people to embody their Buddha nature and become radiant and peaceful beings. It provides easy steps for practicing mindfulness in day-to-day living."

-Thich Nhat Hanh, author of *Peace Is Every Step*, *The Miracle of Mindfulness*, and *Anger: Wisdom for Cooling the Flames*

All of us want to live a calmer, more peaceful existence. Thomas and Beverly Bien teach that if we find the center within through ongoing mindfulness, we will have the capacity to live deeply and fully-with boundless peace and happiness-in any external circumstance. We can learn to be calm in the midst of the storm.

Finding the Center Within offers a step-by-step program for breaking down the barriers that prevent us from actualizing our wise inner self. The Biens combine Eastern spiritual wisdom with the pragmatic wisdom of Western psychology, teaching us how to remove the walls that conceal who and what we really are and face our lives with greater honesty. They provide the tools needed to:

- * Find a path to the center through mindfulness
- * Bring meditation into everyday life
- * Work with and transform negative emotions
- * Cultivate healthy, healing relationships
- * Use dreams to achieve maximum wholeness and self-acceptance

You'll discover how to find greater peace, joy, and love in your life and deepen your capacity for psychological and spiritual well-being. Let Finding the Center Within inspire and guide you as you make the journey to awareness and open yourself to a world of happiness.

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April Hall:

This Finding the Center Within: The Healing Way of Mindfulness Meditation book is just not ordinary book, you have it then the world is in your hands. The benefit you will get by reading this book is definitely information inside this book incredible fresh, you will get information which is getting deeper a person read a lot of information you will get. This specific Finding the Center Within: The Healing Way of Mindfulness Meditation without we know teach the one who studying it become critical in thinking and analyzing. Don't end up being worry Finding the Center Within: The Healing Way of Mindfulness Meditation can bring if you are and not make your case space or bookshelves' become full because you can have it in your lovely laptop even telephone. This Finding the Center Within: The Healing Way of Mindfulness Meditation having very good arrangement in word along with layout, so you will not experience uninterested in reading.

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