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Einstein and the Art of Mindful Cycling shines new light onto one of the great scientific icons, and explores how pushing that pedal can nurture mindfulness in a spiritually stressful age. The author steers us through his own perspective on cycling - weaving the philosophical, practical and personal into an elegant balance.

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Meditation For Beginners 3 Manuscripts Mindfulness ...

I am interested in teaching the principles of mindfulness to my children, and was very excited about reading this book. But it didn't live up to my hopes and expectations. The mindfulness exercises for children seem very abstract. I have difficulty imagining that they could have much impact towards teaching mindfulness to a child.

The Art of Mindfulness for Children: Mindfulness exercises ...

The Miracle of Mindfulness was originally written in Vietnamese as a long letter to Brother Quang, a main staff member of the School of Youth for Social Service in South Vietnam in 1974. Its author, the Buddhist monk Thich Nhat Hanh, had founded the School in the 1960s as an outgrowth of "engaged Buddhism." It drew young people

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