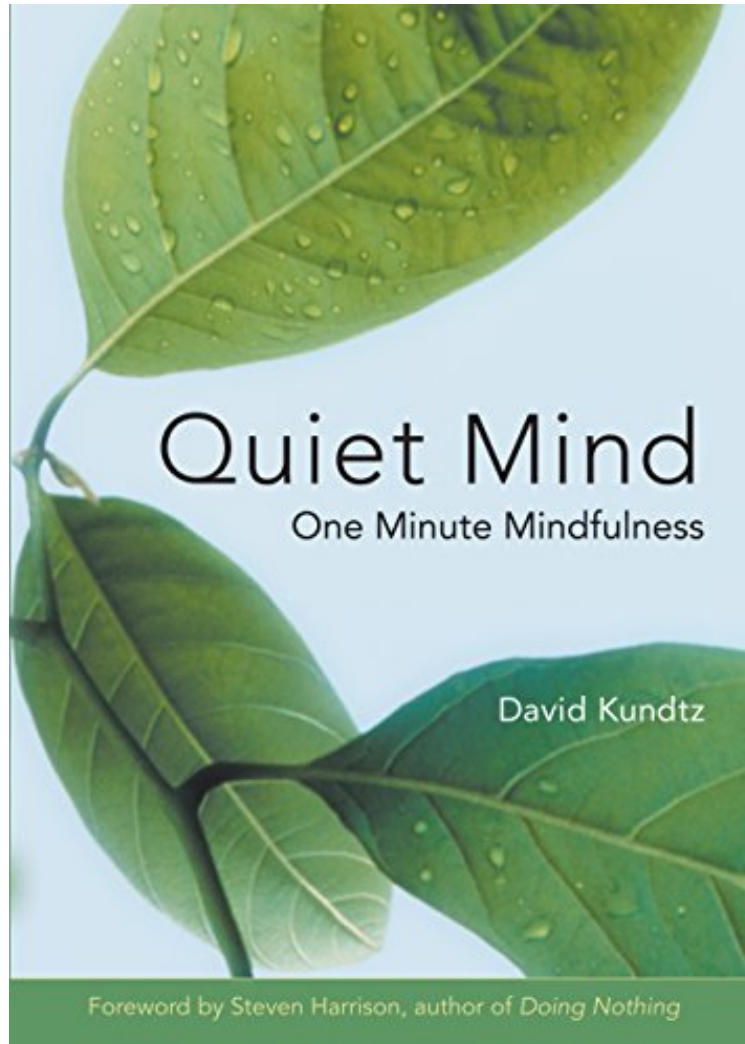


(Mobile book) Quiet Mind: One Minute Mindfulness

## Quiet Mind: One Minute Mindfulness

David Kundtz

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**David Kundtz : Quiet Mind: One Minute Mindfulness** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Quiet Mind: One Minute Mindfulness:

1 of 1 people found the following review helpful. Quiet MindBy ElizabethQuiet Mind by David Kundtz offers approximately 180 short reflections for the reader. Focused around the idea of finding quiet and peace in our crazy lives, the author approaches a wide range of topics from death to road rage to the arts to walking, all in two short pages a piece. The spirituality is non-denominational and refers to many different traditions throughout the book. I found most of the pieces (though not all) to be engaging and worth reading.2 of 2 people found the following review helpful. Mind relaxed.By RoseThis is an amazing book, it really only takes a minute to read, and gives you a day of thought..I find if the day gets hectic I can read another retreat. I would recommend this to anyone who has a lot going on in their lives and need just a minute to focus within. It's especially nice for young mom's (and dad's) as it is quick but really

relaxes your mind. I have found that this book truly is not focused on religion, but more on nature and spirituality and finding a moments peace. 0 of 0 people found the following review helpful. Very enjoyable read By Ann S. I really enjoy reading these short passages, and they put me in a better mood. Hoping that they are sticking in my subconscious. Relaxing as zoning out to Netflix without the later regret.

More than a meditation book, *Quiet Mind* is a series of reflections that can illuminate every aspect of life. It offers readers guidance on using the moments between activities -- which the author calls "stillpoints" -- as opportunities to focus on becoming more fully awake to who they are. "These times are the 'spaces in between'; the events of your life," writes Kundtz, "spaces often lost, or worse -- filled with anxiety. And these spaces in between are just waiting to bring you the calmness and clarity that an over-demanding schedule steals from you." A welcome respite for anyone whose gear shift is perpetually in overdrive, *Quiet Mind* is an invitation to rest, find peace, awaken, and remember. It offers deceptively simple wisdom to help readers sharpen their senses and make room for life.

About the Author David Kundtz, author, speaker, and licensed psychotherapist, is also director of Inside Track Seminars, which offers courses on spiritually based stress management and emotional health for the helping profession. He has graduate degrees in both psychology and theology and a doctorate in pastoral psychology. David is also the author of *Quiet Mind*, *Stopping*, and *Moments in Between*, among others.