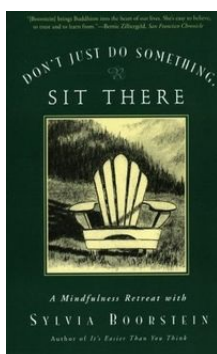


DON'T JUST DO SOMETHING, SIT THERE: A MINDFULNESS RETREAT WITH SYLVIA BOORSTEIN

Get away from doing and into being with this lively, down-to-earth guide to your own meditation retreat by beloved mindfulness meditation teacher Sylvia Boorstein. Presenting what Jon Kabat-Zinn has called "endearingly personal mindfulness wisdom," she offers a three-day retreat plan...



READ/SAVE PDF EBOOK

Don't Just Do Something, Sit There: A Mindfulness Retreat with Sylvia Boorstein

Author	Sylvia Boorstein
Original Book Format	Paperback
Number of Pages	160 pages
Filetype	PDF / ePUB / Mobi (Kindle)
Filesize	3.91 MB

Click the button below to save or get access and read the book Don't Just Do Something, Sit There: A Mindfulness Retreat with Sylvia Boorstein online.



Peek Inside the Book

Mindfulness meditation doesn't change life. Life remains as fragile and unpredictable as ever. Meditation changes the heart's capacity to accept life as it is. It teaches the heart to be more accommodating, not by beating it into submission, but by making it clear that accommodation is a gratifying choice. Sylvia Boorstein, Don't Just Do Something, Sit There: A Mindfulness Retreat with Sylvia Boorstein //

Don't just do something, sit there! Sylvia Boorstein, Don't Just Do Something, Sit There: A Mindfulness Retreat with Sylvia Boorstein //

Reader's Opinions

buddhist, mediation

This has several exercises you can sneak in everyday. I'm looking forward to trying a full weekend sometime though!