

## Quiet Mind: One-Minute Retreats from a Busy World



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.

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