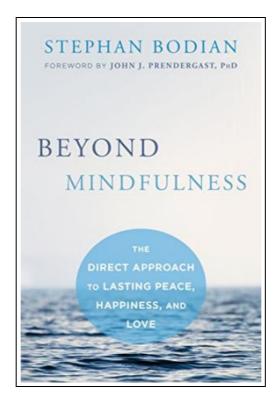
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(Keegan Abernathy)

BEYOND MINDFULNESS: THE DIRECT APPROACH TO LASTING PEACE, HAPPINESS, AND LOVE (PAPERBACK)



New Harbinger Publications, United States, 2017. Paperback. Condition: New. Language: English. Brand New Book. Written by best-selling author, meditation expert, psychotherapist, and spiritual teacher Stephan Bodian, this book takes you beyond familiar mindfulness practices by offering guided meditations and direct pointers that invite you to realize your natural state of inherent wakefulness and peace. No regular practice is required, just the willingness to open yourself to a transformative new way of experiencing life. Mindfulness has permeated our modern lives, and with good reason-it s been proven to boost mood, reduce stress, improve health, and maximize performance. But in our achievement-oriented culture, the practice of mindfulness can feel laborious and mechanical, like one more task on your endless to-do list. What if you could let go of effort and struggle and relax back into the happiness and ease that is your birthright-and is always readily available to you? Beyond Mindfulness offers teachings and practices based on the direct approach to spiritual awakening that take you beyond the mechanics of being mindful and open you to the non-dual dimension of being, where the separation between self and other reveals itself to be a painful but seductive illusion. Once you realize this new way of seeing, you Il learn how to move beyond mindfulness into awakened awareness and discover that the love, compassion, wholeness, health, and happiness you ve been seeking were there all along.

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