



## Head to Heart: Mindfulness Moments for Every Day (Paperback)

By Jenifer Madson

Conari Press,U.S., United States, 2014. Paperback. Book Condition: New. 178 x 130 mm. Language: English . Brand New Book. Madson captures the heart of the simple. These daily thoughts can emphatically change any moment in any one's life. Each day's suggestion is captured in the simplicity of the thought; making it magical, joyful, meaningful and doable. I loved it. All of it. You will too. --Karen Casey, PhD, author of The Good Stuff from Growing Up in a Dysfunctional Family, Head to Heart gently guides us to cultivate (and sustain) those moments of clarity--the awakenings of everyday life--and to embrace and grow from them all, no matter how joyful or painful. Awakening think of it as something we need to do every day; it is a process, a gradual awareness and growing insight, Madson writes. Practice awakening to: generate more compassion or love, create an unshakable sense of well-being better understand your mind and surroundings, find answers to specific challenges, or all of the above. Practice can happen anywhere, any time: on the mat or on the move, sitting or walking, in silence or conversation, alone or with a group; in short, whenever you are consciously pointing your mind toward...



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