



Moment by Moment: The Art and Practice of Mindfulness

Jerry Braza Ph.D., Thich Nhat Hanh

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"This is a very useful guide for living mindfully. I hope you will return to it again and again and practice wholeheartedly the exercises Dr. Braza offers." —**Thich Nhat Hanh, from the forward**

"Moment by Moment offers a simple and elegant teaching that can change your life." —**Jack Kornfield, author of *A Path with Heart***

"For anyone seeking more 'real moments,' *Moment by Moment* offers valuable and practical techniques for discovering joy now." —**Barbara de Angelis, PhD., Author of *Real Moments***

"A delightful book for people who are restless 'doers' like myself. it teaches you how to be in the moment. I highly recommend it for all 'busy bees' and restless souls." —**Elisabeth Kubler-Ross, M.D., author of *On Death and Dying***

Based on the Jerry Braza's Mindfulness Training Program, this book provides simple exercises for developing greater awareness and emotional involvement in our daily lives. Braza offers practical guidance on managing stress, quieting the mind, transforming feelings, enhancing productivity, and completing unfinished emotional business.



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