



## The Art of Mindful Living

*Tobin Giblin*

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# **The Art of Mindful Living**

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The Art of Mindful Living is a powerful and user-friendly guide to the life-liberating art of mindfulness meditation. Each chapter illuminates an inherent aspect of a skillfully applied mindful awareness practice and describes how to cultivate these qualities both in sitting meditation and in daily life. It includes a section dedicated to working with difficult emotions, in which Tobin describes a compassionate and deeply authentic way to heal and liberate ourselves from the painful, repetitive waves of feeling that can run so rampant in our lives. The Art of Mindful Living is written both for people very new to the path of mindful awareness and for seasoned meditators ready for a booster-shot of clarity, compassion, and inspiration.

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