



Living Mindfully: At Home, at Work, and in the World

Deborah Schoeberlein David

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Learn to live a life that's good--for yourself and for the world.

Like a wise friend or kind teacher, Deborah Schoeberlein David--educator, meditator, and mother--walks you through a complete, easy-to-follow curriculum of mindfulness practice.

Beginning with the very basics of noticing your breath, David shows how simple mindfulness practices can be utterly transforming. Each practice builds on the previous exercise like a stepping stone, until you have the tools to bring mindfulness into every aspect of your life including sex, parenting, relationships, job stresses, and more.

This is an approachable guide for anyone who desires positive change.



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