



# Moments in Between: The Art of the Quiet Mind

*David Kundtz*

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## **Moments in Between: The Art of the Quiet Mind** David Kundtz

Take five or ten. Take the moments in between tasks in a busy day, at the end of the day, as evening falls. Do nothing, but do it with purpose and meaning. Do nothing to become fully awake and remember who you are. Allow the important things in life to come back into focus.

*Moments In Between* is a book of meditations, reflections, and wise guidance that reminds us that the "spaces in between" the big events of our lives aren't meant to be forgotten, or worse, fill us with anxiety.



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