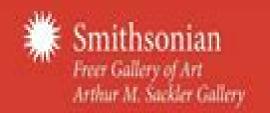
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Meditation and Mindfulness



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The Executive and the Elephant Richard L. Daft, 2010-08-02 Lessons for leaders on resolving the ongoing struggle between instinct and the creative mind Kings heads of government and corporate executives lead thousands of people and manage endless resources but may not have mastery over themselves Often leaders know that right action is important but have little if any understanding of what prevents them from acting in accordance with their intentions In this important book leadership expert Richard Daft portrays this dilemma as a struggle between instinct elephant and intention the executive using the most current research on the intentional vs the habitual mind to explain how this phenomenon occurs Based on current research and real life examples Offers leaders a method for directing themselves more productively Written by an expert in leadership organizational performance and change management Through real life examples and recent studies in psychology management and Eastern spirituality Daft provides guidance to all of us who struggle finding our own balance and cultivating the behavior of others **A Mindful Moment** Irene Kraegel,2022-08-02 A Mindful Moment is the book you need to center yourself with God A guide for Christian prayer meditation and mindfulness this unique devotional includes guided meditations that are Biblically centered and 100% accessible to teens just like you This devotional focuses on four key categories physical sensations negative emotions compassion to self and lovingkindness to others It can be used as a guide for daily meditation and reflection but allows for flexibility providing inspiration and God's peace in any situation Use it on your journey to self love and then let it take you to a place of love for all as Jesus calls us to love A Mindful Moment includes A how to guide to simple meditation A brief history of Christian meditation practices A simple yet inspirational design that makes is perfect for anyone in need of time with God 150 Scripturally based devotions which include a Bible verse a short but significant reflection and a suggested meditation practice such as cradling the breath hearing meditation or letting go of thought all written especially for teens like you Author Irene Kraegel is a licensed clinical psychologist who brings her experience as a counselor and her knowledge of the scientific benefits of mindfulness to this collection of devotions A Mindful Moment is a resource for living in God's presence that you can trust Mindful Birthing Nancy Bardacke, 2012-07-10 With Mindful Birthing Nancy Bardacke nurse midwife and mindfulness teacher lays out her innovative program for pregnancy childbirth and beyond Drawing on groundbreaking research in neuroscience mindfulness meditation and mind body medicine Bardacke offers practices that will help you find calm and ease during this life changing time providing lifelong skills for

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energy on earth hence by using the ancient chinese technique of metaphysics scholars have formulated a movement chart of energies called the flying star chart flying stars \square are described in feng shui as a body of