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World By Donald Altman**



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In Donald's new book he provides the reader with 50 simple ways to find peace, clarity and new possibilities in a stressed-out world. He offers a empowering

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?If you haven't checked out 10-Minute Mindfulness, the following article provides an The simplest way to get in touch with how you're feeling is to do a mindful body scan. you can begin to change it by adopting a very simple new habit—observation. Shower meditation is one of the mindfulness exercises that are great

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Altman, D. (2011). One minute mindfulness – 50 Simple ways to find peace, clarity, and new possibilities in a stressed out world. Novato, CA: New World Library.

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