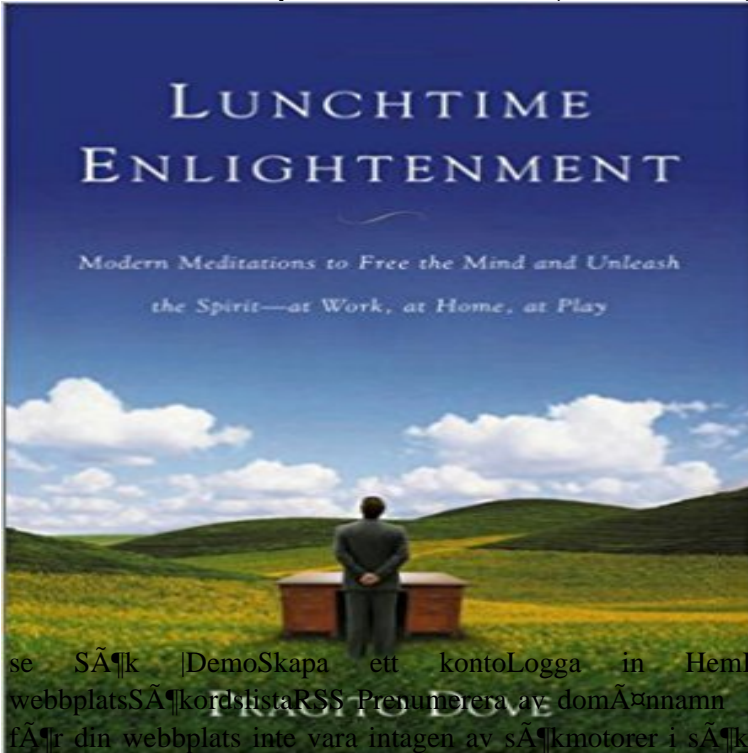


# Lunchtime Enlightenment: Modern Meditations to Free the Mind and Unleash the Spirit - at Work, at Home, at Play



This title attempts to demystify the practice of meditation, presenting what it is hoped is an enjoyable and complicated way to enjoy the benefits of meditation into our busy, overstressed daily lives. Adapting ancient traditions - both Eastern and Western - into a modern and accessible approach, the author draws on 25 years of experience to explain how to bring greater awareness and calm to our everyday actions by meditating while eating, working, laughing, humming, or just standing still.

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