

The book was found

The Total Mindset: The Practicing Mind(mp3 CD Audiobook)/The Meditating Mind(Audio 2-CD Set)



Synopsis

The Total Mindset will paradoxically both calm and energize your life. This signature set includes both *The Practicing Mind* and *The Meditating Mind*. In the book *The Practicing Mind*, Thomas M. Sterner provides new insight into how you can make being more disciplined and focused, and living in the present moment, a natural part of your daily life experience. *The Meditating Mind* will provide you with an overview of what meditation is and how, in a very short time, you can begin to enjoy the benefits of its presence in your daily routine. It will both teach and guide you through a meditation method that can be used by anyone to clear their mind of stress-causing chatter in as little as 10 minutes a day. The Total Mindset is available in two unique combinations: *The Practicing Mind* (Print Book) combined with *The Meditating Mind* (2-CD Set), and *The Practicing Mind* (Unabridged 2-CD Set Audiobook in mp3 CD Audiobook format) combined with *The Meditating Mind* (2-CD Set), each offered at a special discounted price.

Book Information

Audio CD

Publisher: Mountain Sage Publishing (June 1, 2007)

Language: English

ISBN-10: 097765723X

ISBN-13: 978-0977657230

Package Dimensions: 7.4 x 6.5 x 1.6 inches

Shipping Weight: 13.6 ounces

Average Customer Review: 5.0 out of 5 stars 3 customer reviews

Best Sellers Rank: #11,910,499 in Books (See Top 100 in Books) #93 in [Books > Books on CD > Religion & Spirituality > Inspiration](#) #938 in [Books > Books on CD > Health, Mind & Body > Meditation](#) #4133 in [Books > Books on CD > Health, Mind & Body > General](#)

Customer Reviews

The book provides a brief and practical introduction to mindfulness and meditation techniques that are simple in a brief, very readable book. Its emphasis is on practice, repetition and maintaining a non judgemental, positive and peaceful attitude to learning and living in the moment. In 98 pages you get a straightforward introduction to meditation and the Zen idea "only here and now" without any religious complications or unnecessary Mystical babble. The package with the CD recording of vocalizations designed to aid in the meditative practice consisted mostly of a chorus of "aaaaaaa's" that seemed unnecessary and unhelpful. Buy the book. It's an easy read, short, very helpful and easy

to implement

What he says makes a lot of sense to me. Worth reading and applying the principles. I liked the accompanying Audio CD set.

This book shows me again, that the path is the aim. In many example he described, how to work and live more relaxed, with more fun and even more effective. What says Zen: never rush; and be effective. For all stressed people and work alcohols' is this book the best remedy.

[Download to continue reading...](#)

The Total Mindset: The Practicing Mind(mp3 CD Audiobook)/The Meditating Mind(Audio 2-CD Set)
Santa Biblia Reina-Valera 2000 Antiguos y Nuevos Testamentos-Completa en Dos Discos
MP3-PLUS Free Spanish DVD El FenÃmeno de Lazarus Audio CD - Audiobook, Audio MP3
(Spanish Edition) Fascination - Audio livre 2CD MP3 [Audiobook] (French Edition) Easter Kid's
Audio Bible-Free Easter DVD a 2nd Free Audio Bible on MP3-Bible Stories for Kid's-Bible Stories
for Children with 103 Kid's ... Home School Curriculum 15 Audio CDs-1MP3-1DVD The Morning
Routine: Boost Productivity, Motivation, Energy and Stop Procrastinating with the Best Daily
Routines (Habit Stacking, Wealth Mindset, and Millionaire Mindset) Goalie Mindset Secrets: 7 Must
Have Goalie Mindset Secrets You Don't Learn in School! Crystal Healing: Charge Up Your Mind,
Body And Soul - Beginner's Journey (Crystal Healing For Beginners, Chakras, Meditating With
Crystals, Healing Stones, Crystal Magic, Power of Crystals Book 1) Crystal Healing: Charge Up
Your Mind, Body And Soul - Beginner's Journey (Crystal Healing For Beginners, Chakras,
Meditating With Crystals, Healing Stones, Crystal Magic, Power of Crystals) (Volume 1) Ou es-tu
maintenant ? Audiobook PACK [Book + 1 CD MP3] (French Edition) Dubliners (MP3 Audiobook
Classics) D'autres vies que la mienne Audiobook PACK [Book + 1 CD MP3] (French Edition) Une
Gourmandise Audiobook PACK [Book + 1 CD MP3] (French Edition) Harry Potter, I : Harry Potter a
l' ecole des sorciers Audiobook PACK [book + 1 CD MP3] (French Edition) Cinquante nuances plus
sombres - La trilogie 50 shades tome 2 - Audiobook PACK [Book + 2 CD MP3] (French Edition)
iSpeak Japanese Phrasebook (MP3 CD + Guide): The Ultimate Audio & Visual Phrasebook for Your
iPod (iSpeak Audio Series) Holy Bible: 2 New American Standard Version, Audio Bibles. Complete
Old and New Testament on 60 Audio CDs- Plus Complete Bible on 2 MP3 Discs- Plus ... Book"
DVD all in padded case Cologne: City Guide & Audio Tour Audio CD (includes mp3 files and 32
page booklet) The Art of Belief: Design Your Mind to Destroy Limitations, Unleash Your
Inner-Greatness, and Achieve the Success of Your Dreams (Success Mindset, Mind Development,

Personal Success Book 1) Meditating with the Body: Six Tibetan Buddhist Meditations for Touching Enlightenment with the Body The Joy of Meditating: A Beginner's Guide to the Art of Meditation

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)