



# The Art of Mindful Living

By *Tobin Giblein*

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## The Art of Mindful Living By Tobin Giblein

The Art of Mindful Living is a powerful and user-friendly guide to the life-liberating art of mindfulness meditation. Each chapter illuminates an inherent aspect of a skillfully applied mindful awareness practice and describes how to cultivate these qualities both in sitting meditation and in daily life. It includes a section dedicated to working with difficult emotions, in which Tobin describes a compassionate and deeply authentic way to heal and liberate ourselves from the painful, repetitive waves of feeling that can run so rampant in our lives. The Art of Mindful Living is written both for people very new to the path of mindful awareness and for seasoned meditators ready for a booster-shot of clarity, compassion, and inspiration.

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## The Art of Mindful Living By Tobin Giblin Bibliography

- Sales Rank: #2544999 in Books
- Brand: Brand: Aardvark Global Publishing dba ECKO Publishing
- Published on: 2011-09-05
- Original language: English
- Number of items: 1
- Dimensions: 7.99" h x .37" w x 5.24" l, .41 pounds
- Binding: Paperback
- 174 pages

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