



# **Offering: The Gentle Power of Mindfulness to Awaken the Love, Calm, and Wonder in Everyday Life**

*Kim Nicol*

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How does it feel to meet life in a mindful way? Offering invites you on a journey of self-discovery, where the mundane holds more wisdom than meets the eye. In simple language, Offering shows you how to see the world through a mindful lens, while asking questions that invite reflection and personal insight. Your guide is Kim Nicol, a former attorney who now teaches meditation and mindfulness at tech companies in Silicon Valley. Her warm, friendly approach and the clarity of her observations will help deepen your understanding of what mindfulness really is and how it can truly make a difference in your own life.



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