



Into the Music of the World: Living Life Mindfully

Martin Lumpkin

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It seems as though everyone is talking about mindfulness these days, and no wonder: science continues to show the method's power, in conjunction with awareness meditation, as an effective means of reducing stress and coping with life's difficulties.

Consequently, there are many books on the subject, but *Into the Music of the World* stands out for its unique approach to a concept that is not easy to express in words. Written in a fresh and engaging style, it evokes the essence of what mindfulness is and what this traditionally Buddhist practice can do to enhance your life.

Discover surprising ways in which it can be cultivated in everyday situations. Find out how it will help liberate you from your habit of creating stress, and follow its often imperceptible thread through the world's religions.

Additionally, if you're interested in learning about formal mindfulness meditation, author and psychotherapist Martin Lumpkin introduces you to a series of practices and provides suggestions to further your studies.

Throughout the book, Lumpkin employs poetry, imagery, and a conversational, person-to-person tone designed to stimulate deeper understanding on a level that other texts can't reach.

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