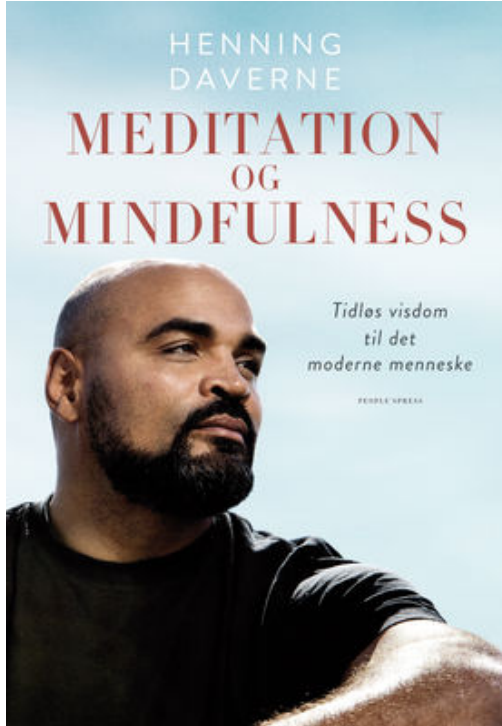


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Interessen for meditation og mindfulness stiger eksplosivt i disse år. Men hvad er den grundlæggende filosofi egentlig bag disse populære begreber? Og hvordan får du tid til et mere mindfult liv i din i forvejen travle tilværelse?

Hening Daverne er en af Danmarks førende eksperter på området og giver dig i denne bog en dybere indsigt i, hvad der oprindeligt ligger til grund for Østens tusindårige visdom. I et letforståeligt sprog bliver du guidet igennem begreberne ved hjælp af illustrative eksempler. Bogens øvelser og teknikker gør det nemt for dig at tilegne dig den ny viden, så du kan anvende den med effekt i hverdagen.

Her får du den definitive guide til meditation og mindfulness for det moderne menneske.

Til at hjælpe dig på vej får du i bogen en kode til guidede online meditationer indtalt af forfatteren.

Titel	:	Meditation og mindfulness
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