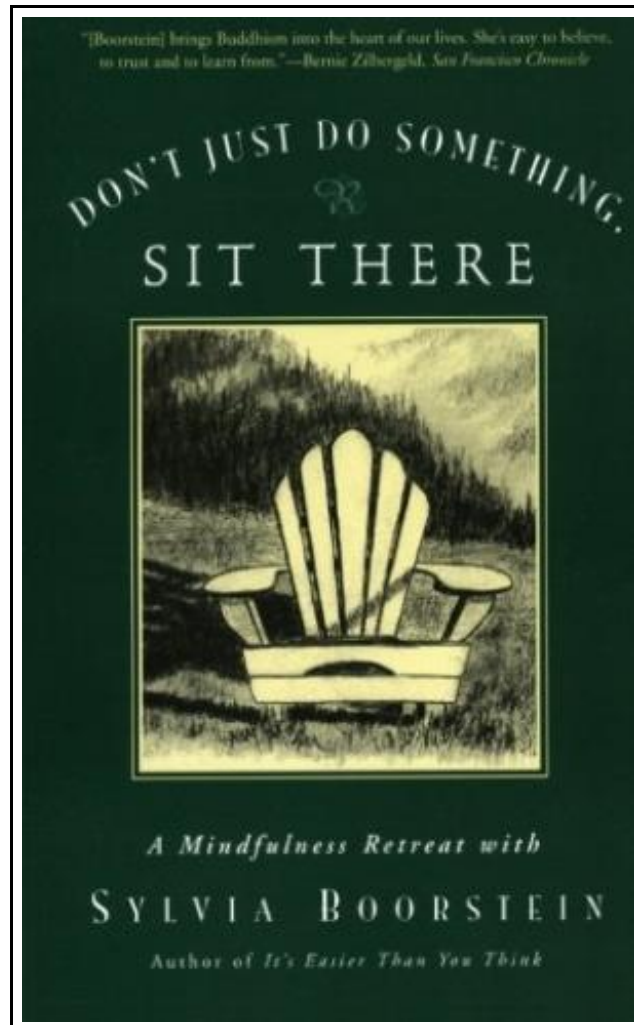


Don't Just Do Something, Sit There: A Mindfulness Retreat with Sylvia Boorstein



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Reviews

The book is great and fantastic. It is written in straightforward words and phrases rather than difficult to understand. You won't really feel monotony at any time of your respective time (that's what catalogues are for regarding should you question me).

(Payton Miller)

DON'T JUST DO SOMETHING, SIT THERE: A MINDFULNESS RETREAT WITH SYLVIA BOORSTEIN



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HarperCollins Publishers Inc. Paperback. Book Condition: new. BRAND NEW, Don't Just Do Something, Sit There: A Mindfulness Retreat with Sylvia Boorstein, Sylvia Boorstein, Get away from doing and into being with this lively, down-to-earth guide to your own meditation retreat by beloved mindfulness meditation teacher Sylvia Boorstein. Presenting what Jon Kabat-Zinn has called "endearingly personal mindfulness wisdom," she offers a three-day retreat plan accompanied by timeless lessons -- always grounded in real life -- on how anyone can achieve calm, clarity and joy through meditation practices.

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