



# Head to Heart: Mindfulness Moments for Every Day

*Jenifer Madson*

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"Madson captures the heart of the simple. These daily thoughts can emphatically change any moment in any one's life. Each day's suggestion is captured in the simplicity of the thought; making it magical, joyful, meaningful and doable. I loved it. All of it. You will too." --**Karen Casey, PhD**, author of *The Good Stuff from Growing Up in a Dysfunctional Family*", [www.womens-spirituality.com](http://www.womens-spirituality.com)

*Head to Heart* gently guides us to cultivate (and sustain) those moments of clarity--the awakenings of everyday life--and to embrace and grow from them all, no matter how joyful or painful.

"Awakening...think of it as something we need to do every day; it is a process, a gradual awareness and growing insight," Madson writes. Practice awakening to:

- generate more compassion or love,
- create an unshakable sense of well-being
- better understand your mind and surroundings,
- find answers to specific challenges,
- or all of the above.

Practice can happen anywhere, any time: on the mat or on the move, sitting or walking, in silence or conversation, alone or with a group; in short, whenever you are consciously pointing your mind toward greater clarity and service while connecting with the Spirit, you are meditating and preparing to awaken.

*Head to Heart* times 365. Each brief meditation opens to the promise of peace, joy, and purpose.

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Reading can called head hangout, why? Because while you are reading a book especially book entitled Head to Heart: Mindfulness Moments for Every Day the mind will drift away trough every dimension, wandering in most aspect that maybe not known for but surely will end up your mind friends. Imaging just about every word written in a reserve then become one web form conclusion and explanation which maybe you never get previous to. The Head to Heart: Mindfulness Moments for Every Day giving you an additional experience more than blown away your thoughts but also giving you useful data for your better life with this era. So now let us present to you the relaxing pattern here is your body and mind are going to be pleased when you are finished studying it, like winning an activity. Do you want to try this extraordinary wasting spare time activity?

#### **Marietta Allred:**

Beside this Head to Heart: Mindfulness Moments for Every Day in your phone, it might give you a way to get more close to the new knowledge or info. The information and the knowledge you may got here is fresh from the oven so don't become worry if you feel like an old people live in narrow community. It is good thing to have Head to Heart: Mindfulness Moments for Every Day because this book offers to your account readable information. Do you at times have book but you seldom get what it's facts concerning. Oh come on, that will not happen if you have this with your hand. The Enjoyable blend here cannot be questionable, including treasuring beautiful island. Use you still want to miss the item? Find this book as well as read it from right now!

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That book can make you to feel relax. That book Head to Heart: Mindfulness Moments for Every Day was bright colored and of course has pictures around. As we know that book Head to Heart: Mindfulness Moments for Every Day has many kinds or style. Start from kids until teens. For example Naruto or Investigator Conan you can read and think that you are the character on there. Therefore not at all of book are usually make you bored, any it makes you feel happy, fun and rest. Try to choose the best book for yourself and try to like reading that will.

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