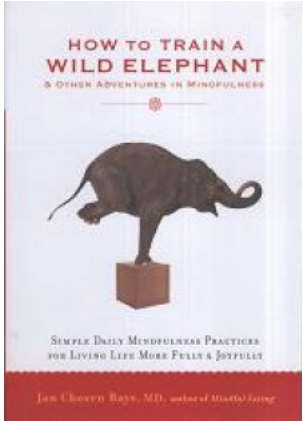


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From the author of "Mindful Eating" comes a guided program for bringing mindfulness and meditation into ordinary daily activities to reduce stress and enhance well-being. Each exercise is presented with tips and a short life lesson connected with it.