



May I Sit with You A Simple Approach to Meditation

By Tom Catton

Central Recovery Press. Paperback. Condition: New. 200 pages. Meditation is a powerful reflective practice and mental discipline with roots in Southeast Asia and India. Practiced daily by millions of people, meditating is known to boost mental focus, improve awareness, and reduce stress. For anyone interested in greater physical and mental health, increased mental clarity, and reduced stress, this step-by-step manual takes readers through mindfulness practices and techniques that yield endless benefits by improving mind-body-spirit consciousness. In order to assist the reader in finding the right path, Tom Catton describes the myriad of meditative practices and disciplines practiced around the world, influencing generations of practitioners who have found a more balanced life consisting of greater peace, harmony, and overall enjoyment. Tom Catton has been in recovery since 1971. His story appears in a twelve-step fellowship recovery book with more than seven million copies in circulation around the world, and he has been taking twelve-step meetings into Hawaii's prison system since 1984. He is also a retired marathon runner. Tom is also trained in Tibetan singing bowl therapy and healing. He is on the advisory board of the Buddhist Recovery Network and teaches a meditation group in Hawaii. He is the...



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Reviews

Very helpful to any or all category of folks. It is written in simple phrases rather than difficult to understand. It has been developed in an exceptionally simple way and is particularly just after I finished reading this pdf in which basically transformed me, modify the way in my opinion.

-- **Hank Runte**

A high quality book and also the typeface utilized was exciting to read. This really is for anyone who states there was not a worthy of reading. I am easily will get a enjoyment of reading a written ebook.

-- **Burnice Carter**