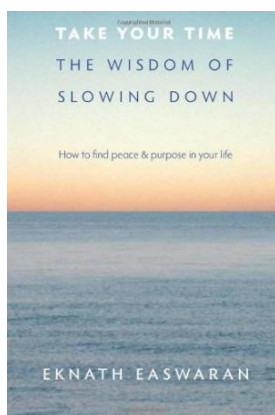


Download Book

TAKE YOUR TIME: THE WISDOM OF SLOWING DOWN



Nilgiri Press. Paperback. Book Condition: new. BRAND NEW, Take Your Time: The Wisdom of Slowing Down, Eknath Easwaran, Overscheduled, always tired, struggling with the pull of the online world -- that's how many of us feel right now. Training a frazzled mind to embrace calm isn't easy. For over forty years, Easwaran dedicated himself to teaching meditation and the wisdom of slowing down. When the mind is unhurried, it is calm, kind, ready for anything, aware of what really matters...

Read PDF Take Your Time: The Wisdom of Slowing Down

- Authored by Eknath Easwaran
- Released at -



Filesize: 8.3 MB

Reviews

This book will never be straightforward to start on looking at but extremely exciting to read. I actually have read through and that i am sure that i am going to gonna go through once more again in the future. I am happy to explain how this is the very best book i have read through in my individual lifestyle and may be he best publication for at any time.

-- **Estrella Howe DVM**

Absolutely essential study book. It normally is not going to charge excessive. I am delighted to inform you that this is basically the finest ebook we have study during my very own lifestyle and can be he greatest publication for at any time.

-- **Dr. Willis Paucek II**

This publication might be well worth a read through, and much better than other. It is amongst the most incredible book i actually have read through. I am delighted to tell you that here is the finest book i actually have read through inside my own life and could be he best ebook for possibly.

-- **Aracely Hickie**
