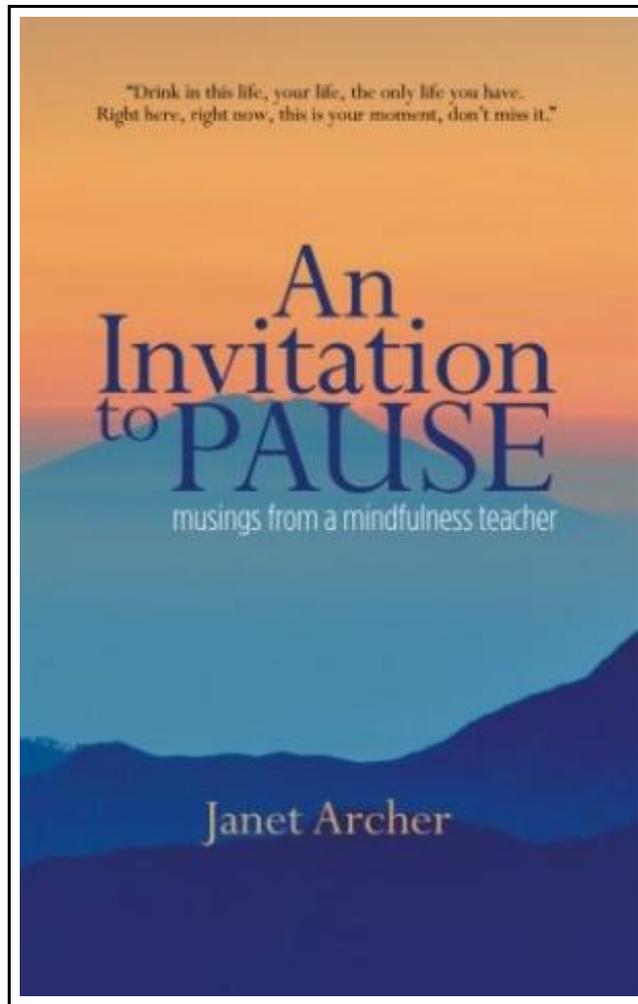


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AN INVITATION TO PAUSE: MUSINGS FROM A MINDFULNESS TEACHER (PAPERBACK)



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Blue Bungalow Press, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Sometimes we forget and need to be reminded. of our shared humanity, of what is important in life and of how to see an experience in a new light. In 2012, Janet Archer retired from a 28 year career as an elementary school teacher. It was then that she began to explore and document her immediate world through the eyes of her training as a life coach and a yoga and mindfulness teacher. She began sending out these musings to a large group of clients, friends and family and got many letters in return thanking her, because her insights were helping them to see something in a clearer way, one that was bringing them a sense of peace and calm. Along the way, her mother got dementia and came to live close by to Janet and many of her musings became centered around living with a parent with dementia. Each of these musings brings the reader to a place of compassion and love for both the adult child and the parent who are both involved in this new world of living with dementia. Being inspired to continue, Janet wrote over 100 musings and then decided to put 28 of those musings into this collection: An Invitation to Pause: musings from a mindfulness teacher. Through her story telling and poetic prose, Janet Archer helps you shift from the rush of life to quietly contemplating its ups and downs. A book where you can open up and read at any spot, her compassionate reflections remind us that every obstacle we run into is worth a second look and most importantly a laugh. If you are looking for a...

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