



# Mindful Meditation for Busy Lives: Active Meditation Throughout the Day

*Chris Berlow*

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## **Mindful Meditation for Busy Lives: Active Meditation Throughout the Day** Chris Berlow

Change your perception of meditation! This accessible, breezy guide introduces the concept of *active* meditation—moving meditations in which mind, body, and spirit become totally immersed in a single activity. Author and martial artist Chris Berlow takes readers through the many possible ways to meditate throughout even the busiest day, whether it's during a session of high-powered exercise or while performing simple tasks like cooking and cleaning. In our fast-paced, technologically driven time, this alternative and nontraditional practice can help foster personal self-awareness, a peaceful mind, and internal happiness.

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