



Morning Meditations: Daily Reflections to Awaken Your Power to Change

By Norton Professional Books

WW Norton & Co. Hardback. Book Condition: new. BRAND NEW, Morning Meditations: Daily Reflections to Awaken Your Power to Change, Norton Professional Books, Even with the best intentions, it can be difficult to take time out of our busy days to reflect on our experiences, lean on the wisdom of others, and draw inspiration from the world around us. Filled with bite-sized passages that enlighten and stir contemplation, this pocket guide offers the perfect, thoughtful start to your day. Choose from over 150 reflections on themes ranging from relationships, change, self-awareness, and health, to problem solving, mindfulness, family, forgiveness, and more. Carefully compiled from books by leading helping professionals, the passages offer readers insight and comfort from the best therapists around. Thought-provoking questions for self-discovery follow each entry, providing a source of enlightenment and contemplation throughout the day. The end of the book offers a series of guided visualizations with scripted exercises for readers wanting more direction and engagement. Whether you are seeking connection, reassurance, or motivation for self-improvement, the welcoming, inspiring ideas in this book will help you get there.



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