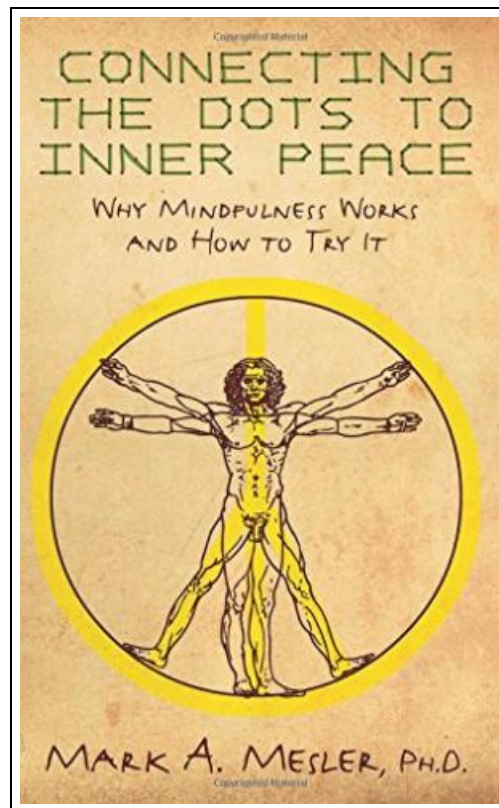


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Dog Ear Publishing, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Connecting The Dots To Inner Peace: Why Mindfulness Works How To Try It is a self-help primer with a simple and unique approach to personal enlightenment. Told in a succinct but engaging style, the author reflects back on his own circuitous path to mindfulness, acquainting readers with the pieces of information - the dots - that he connected along the way. The overall picture created provides an accessible review of our birthright of inner peace, as well as some simple first steps to nurturing it. Mark A. Mesler is a social psychologist and retired college professor whose research has been cited in text books and the Dictionary of Medical Sociology. As an academic, his focus was primarily on death, dying and end-of-life care; he has since served as a hospice volunteer, and worked at the Vermont Cancer Center. He also was a contributor at the 2001 Bread Loaf Writer s Conference as an aspiring novelist, but recent experiences turned his attention to the search for inner peace that he shares in this book. He currently lives on a small goat farm in northern Vermont with his wife Ellie.



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