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Bliss More (Hardback)

By Light Watkins

Random House USA Inc, United States, 2018. Hardback. Condition: New. Language: English . Brand New Book. From one of America s top meditation teachers comes a revolutionarily simple approach to everyday practice--especially if you don t think you have the time or the patience. Imagine you re sitting on a cushion with your legs crossed, ready to tap into unlimited joy. There s just one problem: You can t get comfortable (let alone still), and your head is full of way too many thoughts. The problem is not with meditation, or you, though--the issue may be with your approach. When properly understood and practiced, meditation should feel easy, calming, and comfortable. In Bliss More, maverick instructor Light Watkins provides the tools for making it E.A.S.Y. (Embrace, Accept, Surrender, Yield), dispels the biggest myths and misunderstandings, and shares real-world tips and straight talk for hacking into this ancient practice. The result: a happier and healthier you, inside and out. Watkins also shares candid testimonials from people whose lives have been enriched through his method, and extensive resources for transforming a daily chore into an enjoyable activity. Even the biggest skeptic will look forward to sitting for meditation every day. Whether you...



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