

# *Finding Balance in a Hurried World*



EKNATH  
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# Finding Balance In A Hurried World

**Diane Dreher**



## **Finding Balance In A Hurried World:**

**Take Your Time** Eknath Easwaran,1994 With constant pressure to do more keep moving and go faster our everyday lives often do not and cannot reflect our most heartfelt values and ideas In the perfect follow up to YOUR LIFE IS YOUR MESSAGE the founder of the world famous Blue Mountain Center of Meditation teaches us how to achieve daily happiness by slowing down our hectic pace and making controlled choices

**Finding Balance in a Hurried World** Eknath Easwaran,2001-10-28 In these two half hour talks Eknath Easwaran discusses slowing down the pace of life taking time for the important things and living in the present

**A Physician's Guide to Coping with Death and Dying** Jan Swanson,Alan Cooper,2005 Education about death and dying has been almost ignored in medical schools Recently however it has become increasingly obvious that the preferences of dying patients are being ignored leaving many patients to die lonely scared and in pain There is a growing realization that physicians can help dying patients achieve a more peaceful death and increased recognition that good end of life care is not just the province of specialized hospice physicians or nurses In A Physician s Guide to Coping with Death and Dying Jan Swanson and Alan Cooper a physician and a clinical psychologist with many years of experience offer insights to help medical students residents physicians nurses and others become more aware of the different stages in the dying process and learn how to communicate more effectively with patients and their families They also discuss the ways physicians and other caregivers can learn to reduce their own stress levels and avoid the risk of burnout allowing them to achieve balance in their lives and be more effective professionally The authors use case examples and thought provoking exercises to provide a personal learning experience A Physician s Guide to Coping with Death and Dying includes an extensive bibliography and a unique web resource section with contacts to many organizations working with patients suffering from life threatening illnesses

**Unclutter Your Life** Katherine Gibson,2011-08-02 Are you ready to move into a bright clutter free future From noise pollution to financial messes and stressful relationships clutter affects ALL aspects of our lives not just our physical spaces If you ve tried feng shui and other organizing techniques and you still can t find clarity in your life this down to earth guide will show you how to evict the clutter culprits and cultivate peace of mind in your home and soul

**Strength in the Storm** Eknath Easwaran,2013 Discusses how to find peace of mind during stressful times describing how to slow down and stay in the present shed anxieties and resentments strengthen relationships and stay kind and strong when faced with conflicts

Clutter Clearing Choices Barbara Tako,2010-05-11 In uncertain times clutter clearing frees time for life priorities and provides opportunities to share our extras to help others as we create a comfortable home for our family

**Stress Relief** Mark Powell,2007-05-04 Many teenagers feel beleaguered in a world where they face increasingly high expectations but greater uncertainties at home at school and in the world at large From fear inducing infomercials about AIDS and the hazards of smoking drugs and drinking to the War on Terrorism and the threat of biological warfare or worse today s teens are dealing with adult issues and problems previous generations were not With

little power to control or affect outcomes it's no wonder that stress and stress related problems have become widespread among today's young people Mark Powell has written *Stress Relief* specifically to make eliminating stress an art form Written in a style that appeals to a teen audience this accessible volume is not about managing stress but rather about preventing and avoiding it and eliminating the feelings it causes This is a clear grounded and masterly guide playful and energetic in its voice yet at the same time challenging and inspiring This book is packed with insightful thoughts ideas and techniques like breathing exercises meditation affirmation and creative visualization and tips on herbs and bodywork It empowers teens by giving them control over their lives

**Yoga for Emotional Trauma** Mary NurrieStearns, Rick NurrieStearns, 2013-07-01 In *Yoga for Emotional Trauma* a psychotherapist and a meditation teacher present a yogic approach to emotional trauma by instructing readers to apply mindful awareness breathing yoga postures and mantras to their emotional and physical pain

**Tranquility** David W. Henderson, 2015-09-01 There's never enough time So we try to cram as much as possible into what little time we have work friends play rest But what if How do I fit it all in isn't the right question Scripture has a lot to say about time Taking a cue from Ecclesiastes Better one handful with tranquility than two handfuls with toil and chasing after the wind and drawing on everything from Augustine's *Confessions* to conversations with air traffic controllers David W Henderson encourages us to move beyond merely trying to open up a bit of margin or to say no once in a while and to take a purposeful step back from our lives to examine those internal and external dynamics that propel us into busyness and hurry Sharing honest stories about his own struggles with busyness he helps readers explore the way the Scriptures frame our time understanding the times making the most of the time and trusting God with the rest For anyone who is tired of feeling the push and pull of our time bent culture this book will be a welcome invitation to rest and to live artful and faithful lives marked by peace and tranquility

**Contemplative Practices in Action** Thomas G. Plante Ph.D., 2010-07-15 This groundbreaking primer illuminates contemplative methods that can improve mental and physical health Contemplative practices from meditation to Zen are growing in popularity as methods to inspire physical and mental health *Contemplative Practices in Action: Spirituality, Meditation, and Health* offers readers an introduction to these practices and the ways they can be used in the service of well-being, wisdom, healing, and stress reduction Bringing together various traditions from the East and West this thought provoking work summarizes the history of each practice highlights classic and emerging research proving its power and details how each practice is performed Expert authors offer step by step approaches to practice methods including the 8 Point Program of Passage Meditation Centering Prayer mindful stress management mantram meditation energizing meditation yoga and Zen Beneficial practices from Christian Buddhist Jewish Hindu and Islamic religions are also featured Vignettes illustrate each of the practices while the contributors explain how and why they are effective in facing challenges as varied as the loss of a partner or child job loss chronic pain or disease or psychological disorders

**Practicing Your Path** Holly W. Whitcomb, 2004-06-01 An invitation to rebalance your life and regain

perspective Practicing Your Path offers seven one day retreats on the components of classical Christian spirituality Sabbath Hospitality Prayer and Action Fasting Giving Back to God Living Into Your Call and Accountability Each chapter includes a structure for a one day private retreat with flexible options for groups Includes thoughtful meditations journaling or discussion questions guidelines for use of time creative ideas for art and ritual and ideas for longer retreats *Your*

*Personal Renaissance* Diane Dreher,2009-03-25 We've all asked ourselves What should I do with my life Where am I going Is this what I really want Whether you're graduating changing careers getting divorced retiring or just confused about what's next Your Personal Renaissance will help you find your calling Combining the lost wisdom of the Renaissance with groundbreaking research in positive psychology this book approaches a calling in its original definition not just a job but a joyous meaningful life The book features an innovative program of contemplative steps Discovery Detachment Discernment and Direction and practices that help readers combat overscheduling stress and depression and change their lives **Soul**

**Agreements** Dick Sutphen,2025-09-12 While in spirit before you were born you wrote a script for your life on earth that included soul agreements establishing your relationships with your parents lovers children and others who would affect your life in meaningful ways Your career directions were planned out as well as the major challenges you would encounter This karmic road map was programmed at a soul level and can be examined by psychic researchers like Dick and Tara Sutphen In his best selling book You Were Born Again to Be Together Dick explored the concept of destiny through romantic relationships In Soul Agreements his investigations expand to a variety of cases a woman born with a severe disability a couple who came together to experience tragedy and others who incarnated to be famous or influential or to become healers Once you understand how soul agreements work Dick teaches how to make the most of your destiny The more self actualized you are the less likely you will be adversely affected by negative life experiences This awareness shows you how to best override fate and create your own reality of love and success Taming the Drunken Monkey William L. Mikulas,2014-06-08

In today's busy world the mind can often behave like a drunken monkey stressed scattered and out of control Instead of falling victim to frustration and anxiety learn to be calm focused and free of unwanted thoughts with this easy to use guide to mindfulness Drawing from Western and Eastern psychology health systems and wisdom traditions Taming the Drunken Monkey provides comprehensive instruction for developing and improving three basic behaviors of the mind concentration awareness and flexibility Discover the power of breathwork exercises based on yogic pranayama Chinese medicine and Western respiratory science Apply meditation and other mindfulness practices to your life for newfound focus creativity body awareness and spiritual awakening As you progress from novice to master you'll effectively enhance the health of your mind body and spirit Praise A wonderful addition to our understanding of the mind and the unfolding journey of discovery Joseph Goldstein author of Mindfulness A Practical Guide to Awakening In fluid and engaging prose William Mikulas has written a book that provides a wise and delightful guide to living a mindful life a helpful systematic and very practical guide that

presents numerous insights and exercises for personal transformation Nirbhay N Singh editor of Mindfulness journal This book is brimming with wise and compassionate counsel for everyone from beginner to advanced practitioner Whether you are interested in quieting your mind increasing awareness reducing attachments or opening the heart you will find just what you need as you continue on your path towards awakening Michael Brant DeMaria PhD clinical psychologist and author of Ever Flowing On This is undoubtedly one of the best mind training manuals that has ever been written It is a must read book Sompoch Iamsupasit PhD professor at Chulalongkorn University in Bangkok For everybody who wants to be aware and mindful attentive and concentrated Bill Mikulas book is wholeheartedly recommended G T Maurits Kwee PhD founder of the Institute for Relational Buddhism Karma Transformation

**Help in a Hurry** Dr. Caroline Leaf, 2025-08-05 Even though it's uncomfortable and sometimes even distressing to us it's perfectly normal to feel lost anxious or overwhelmed at times It's okay to be a bit of a mess But none of us wants to stay that way for long With actionable evidence based strategies to handle our most common challenges in life this practical guide from bestselling author and clinical neuroscientist Dr Caroline Leaf offers the tools you need to prevent a descent into chaos and instead find peace and strength amid the turmoil of daily life Designed so you can quickly access the simple strategies you need in the moment this book helps you regain control when you don't understand your intense emotions you're under tremendous pressure you feel tired angry or full of regret you're dealing with intrusive thoughts your past is haunting you your inner critic won't let up you feel like you abandon yourself to please others and much more If you have felt stuck in crisis mode the strategies found in this book will help you cope in the moment manage a chaotic mind and start living each day with intention and inner peace

**The Essential Gandhi** Mahatma Gandhi, 2012-02-15 Mohandas K Gandhi called Mahatma great soul was the father of modern India but his influence has spread well beyond the subcontinent and is as important today as it was in the first part of the twentieth century and during this nation's own civil rights movement Taken from Gandhi's writings throughout his life The Essential Gandhi introduces us to his thoughts on politics spirituality poverty suffering love non violence civil disobedience and his own life The pieces collected here with explanatory head notes by Gandhi biographer Louis Fischer offer the clearest most thorough portrait of one of the greatest spiritual leaders the world has known Gandhi was inevitable If humanity is to progress Gandhi is inescapable We may ignore him at our own risk Dr Martin Luther King Jr With a new Preface drawn from the writings of Eknath Easwaran In the annals of spirituality certain books stand out both for their historical importance and for their continued relevance The Vintage Spiritual Classics series offers the greatest of these works in authoritative new editions with specially commissioned essays by noted contemporary commentators Filled with eloquence and fresh insight encouragement and solace Vintage Spiritual Classics are incomparable resources for all readers who seek a more substantive understanding of mankind's relation to the divine

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inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty

**Finding the Deep River Within** Abby Seixas,2007-09-28 For over two decades Abby Seixas has taught women how to slow down and reclaim their lives from the tyranny of their to do lists Based on the experiences of women whose lives have been transformed by her workshops this highly anticipated first book presents her comprehensive program to nurture contact with the Deep River Within the soul nourishing dimension in each of us that flows beneath the busyness of daily life With gentle encouragement practical guidance and compelling stories of struggle and success Finding the Deep River Within details the three preliminary doorways and six core practices for inviting the rich resources of our deeper nature into everyday life Body & Soul ,2006-07 Yoga Sparks Carol Krucoff,2013-08-01 Yoga Sparks offers 108 quick practical and accessible yoga exercises that you can practice anytime anywhere In this book you will learn how yoga in bite size pieces can become a healthy habit that can relieve emotional stress increase your physical strength and flexibility and help you to lead a happier healthier life

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