

TAKE
YOUR
TIME



Finding Balance
in a
Hurried World

by the author of
Your Life Is Your Message
EKNATH EASWARAN

Take Your Time Finding Balance In A Hurried World

William L. Mikulas



Take Your Time Finding Balance In A Hurried World:

Take Your Time Eknath Easwaran, 2010-06-29 Life today can feel so fragmented. Often we face enormous pressures both on the work front and at home. Irritable and drained at the end of a long day we wonder what it is all about. But if we look at our choices through Easwaran's eyes it's surprising how quickly we begin to discover patience, peace, and meaning. Easwaran shows that the key to finding peace isn't necessarily changing how we work or what we do, but how we think. We may not realize it, he writes, but it is the mind, not external events, that drives our constant sense of urgency and restlessness. When we're tired, we need a book we'll enjoy. Easwaran is a master storyteller, and **Take Your Time** has many entertaining, all too recognizable everyday anecdotes to make us smile as we read his insights.

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.

Take Your Time Eknath Easwaran, 1997-09-01 A renowned expert on meditation presents a sequel to his book *Your Life Is Your Message* that offers readers deep yet practical ways of slowing down their everyday pace without sacrificing productivity by focusing their energies.

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.

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 *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 *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 **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 council 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 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 **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 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 **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 *Holistic Nursing: A Handbook for Practice* Barbara Montgomery Dossey, Lynn Keegan, 2008-05-06 **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 Body & Soul, 2006-07 Wisdom for the Soul Larry Chang, 2006 Five Millennia of Prescriptions for Spiritual Healing *The Song of the Seed* Macrina Wiederkehr, 1995 From the bestselling author of Seasons of Your Heart and A Tree Full of Angels a lyric loving and inspiring approach to communion with God based on Benedictine spirituality **Holistic Nursing** Barbara Montgomery Dossey, Lynn Keegan, 2013 This market leading resource in holistic nursing is published in cooperation with the American Holistic Nurses Association AHNA Each chapter is revised and updated by contributors from the best selling Fifth Edition as well as new thought leaders from the field of holistic nursing Chapters begin with Nurse Healer Objectives that are divided into theoretical clinical and personal subject areas and then conclude with Directions for Future Research and Nurse Healer Reflections to encourage readers to delve deeper into the material and reflect on what they have learned in each chapter This text is organized by the five core values contained within the Standards of Holistic Nursing Practice Core Value 1 Holistic Philosophy Theories and Ethics Core Value 2 Holistic Caring Process Core Value 3 Holistic Communication Therapeutic Environment and Cultural Diversity Core Value 4 Holistic Education and Research Core Value 5 Holistic Nurse Self Care **Winning in the Game of Life** Tom Gegax, 2003 Hungry for a different kind of winning According to entrepreneur Tom Gegax in the game of life effective self coaching is the first step to success that encompasses every aspect of life Gegax should know he thought he had it all until a three ring wake up call of divorce cancer and a business in crisis changed his game forever Through a self designed program of personal and professional evolution Gegax recovered and now enjoys a life rich with family friends peak health and a thriving company Winning in the Game of Life Gegax's integrated plan merges the lessons of home and work into lessons of life This unified approach helps you identify your purpose in life your guiding mission and teaches you the strategies that put it in play including the Seven Take Action Steps Strategies for effective communication better organization and time competency smooth the way Self coaching plans for real wellness of

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