

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

Eknath Easwaran



Take Your Time Finding Balance In A Hurried World:

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

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

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

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

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 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 **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 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

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