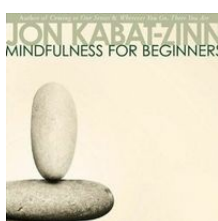


MINDFULNESS FOR BEGINNERS

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If you cant entirely trust what you think, what about trusting awareness? What about trusting your heart? What about trusting your motivation to at least do no harm? What about trusting your...

Reader's Opinions

Pretty good. The first half is an attempt at explaining meditation and validating it from a medical perspective. That's all well and good, but that part felt like a podcast with a lot of "you know"s and "interesting"s. Part of the reason I listen to audiobooks when I do rather than podcasts is...