



An Invitation to Pause: Musings from a Mindfulness Teacher

By Janet Archer

Blue Bungalow Press, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****. Sometimes we forget and need to be reminded. of our shared humanity, of what is important in life and of how to see an experience in a new light. In 2012, Janet Archer retired from a 28 year career as an elementary school teacher. It was then that she began to explore and document her immediate world through the eyes of her training as a life coach and a yoga and mindfulness teacher. She began sending out these musings to a large group of clients, friends and family and got many letters in return thanking her, because her insights were helping them to see something in a clearer way, one that was bringing them a sense of peace and calm. Along the way, her mother got dementia and came to live close by to Janet and many of her musings became centered around living with a parent with dementia. Each of these musings brings the reader to a place of compassion and love for both the adult child and the parent who are both involved in...



READ ONLINE
[3.55 MB]

Reviews

A high quality book as well as the font applied was exciting to read through. This can be for all those who statte there was not a well worth looking at. I discovered this ebook from my i and dad recommended this ebook to find out.

-- **Mr. Monserrat Wiegand**

Undoubtedly, this is the greatest operate by any article writer. It is actually writter in straightforward words instead of confusing. Your life period is going to be change as soon as you complete looking over this book.

-- **Karina Ebert**

Relevant Kindle Books



[Weebies Family Halloween Night English Language: English Language British Full Colour](#)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Children s Weebies Family Halloween Night Book 20 starts to teach Pre-School and Junior Children how to read with this...



[What is Love A Kid Friendly Interpretation of 1 John 311, 16-18 1 Corinthians 131-8 13](#)

Teaching Christ's Children Publishing. Paperback. Book Condition: New. Daan Yahya (illustrator). Paperback. 26 pages. Dimensions: 10.0in. x 8.0in. x 0.1in.What is Love is a Bible based picture book that is designed to help children understand what love is. In the story, twins...



[Klara the Cow Who Knows How to Bow \(Fun Rhyming Picture Book/Bedtime Story with Farm Animals about Friendships, Being Special and Loved. Ages 2-8\) \(Friendship Series Book 1\)](#)

Createspace, United States, 2015. Paperback. Book Condition: New. Apoorva Dingar (illustrator). Large Print. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.Klara is a little different from the other cows, because she has a very special...



[Some of My Best Friends Are Books : Guiding Gifted Readers from Preschool to High School](#)

Book Condition: Brand New. Book Condition: Brand New.



[Index to the Classified Subject Catalogue of the Buffalo Library; The Whole System Being Adopted from the Classification and Subject Index of Mr. Melvil Dewey, with Some Modifications .](#)

Rarebooksclub.com, United States, 2013. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can usually download a free scanned copy of the...



[The Trouble with Trucks: First Reading Book for 3 to 5 Year Olds](#)

Anness Publishing. Paperback. Book Condition: new. BRAND NEW, The Trouble with Trucks: First Reading Book for 3 to 5 Year Olds, Nicola Baxter, Geoff Ball, This is a super-size first reading book for 3-5 year olds, with an engaging story, colourful pictures...