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108 Metaphors for Mindfulness: From Wild Chickens to Petty Tyrants

Arnie Kozak

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108 Metaphors for Mindfulness: From Wild Chickens to Petty Tyrants Arnie Kozak
From the author of *Mindfulness A to Z*!

This engaging and accessible little book is filled with both humor and profound teaching. It presents 108 metaphors for mindfulness, meditation practice, the nature of the self, change, deep acceptance, and other related concepts that Dr. Kozak has cultivated over twenty-five years of meditating, practicing yoga, and working as a clinical psychologist.

Metaphors are indispensable to understanding mindfulness, and to help deeply internalize it and make it a part of everyday life. These mentally catchy images can motivate us to practice, show us how and where to bring mindfulness to life in our personal experience, and help us employ powerful methods for transformation.

This book was previously published under the title *Wild Chicken and Petty Tyrants.*

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