



Don't Just Do Something, Sit There: A Mindfulness Retreat with Sylvia Boorstein

Sylvia Boorstein

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Get away from doing and into being with this lively, down-to-earth guide to your own meditation retreat by beloved mindfulness meditation teacher Sylvia Boorstein. Presenting what Jon Kabat-Zinn has called "endearingly personal mindfulness wisdom," she offers a three-day retreat plan accompanied by timeless lessons -- always grounded in real life -- on how anyone can achieve calm, clarity and joy through meditation practices.

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