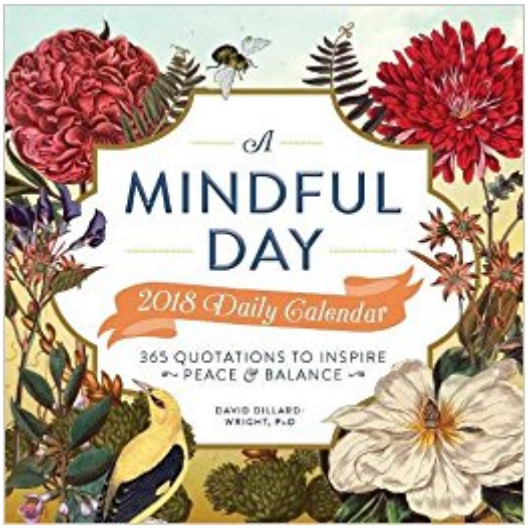
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# A Mindful Day 2018 Daily Calendar: 365 Quotes To Inspire Positive Energy




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## Synopsis

For fans of A Mindful Morning and A Mindful Evening, this peaceful calendar lets you enjoy a mindful moment each and every day.Do you find yourself needing a bit more peace in your day but donÃ¢â ¬â„¢t have enough time for hot yoga or hours of meditation? With this calendar, all you need is a moment to take a break and recharge. With 365 inspiring quotes and short, easy mindfulness exercises, youÃ¢â ¬â„¢ll learn how to add a burst of positive energy into your day, no matter what else is going on around you. These simple moments of awareness, healing postures, and meditations can help soothe your soul as you take on the rest of the day with tranquility, confidence, and composure.

## Book Information

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## Customer Reviews

David Dillard-Wright, PhD teaches philosophy, religion, and ethics at the University of South Carolina, Aiken. His academic work focuses on philosophy of the mind and animal ethics. His practice in meditation originated in the Trappist tradition of contemplative prayer and then segued into Eastern practices. He is the author of A Mindful Morning, A Mindful Evening, A Mindful Day, Mediation for Multitaskers, The EverythingÃ Â© Guide to Meditation for Healthy Living, 5-Minute Mindfulness, and At GanapatiÃ¢â ¬â„¢s Feet.

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