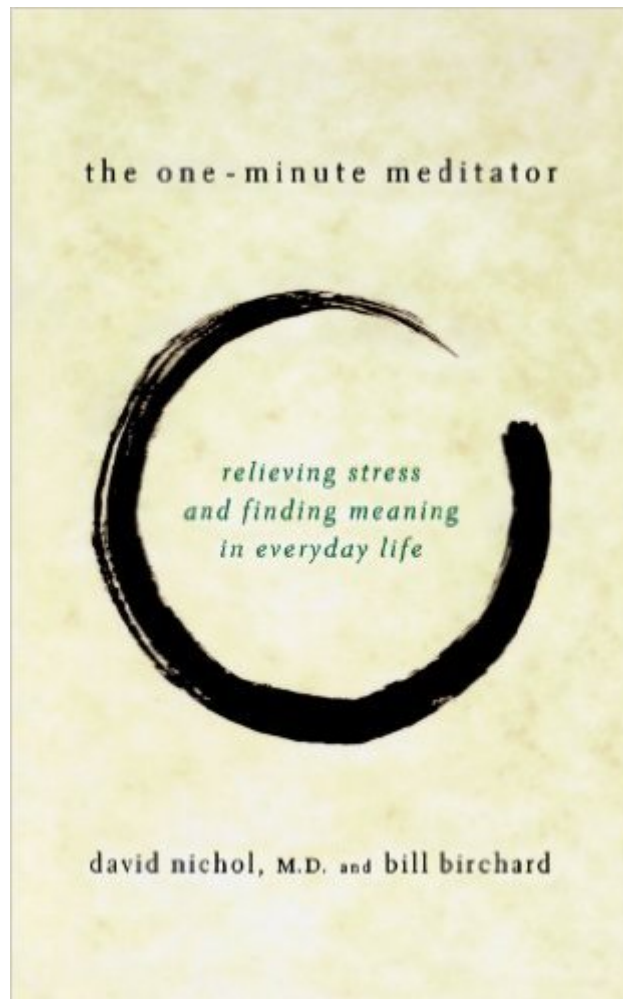


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# The One-Minute Meditator: Relieving Stress And Finding Meaning In Everyday Life



## Synopsis

On an average day, in an average minute, we can process over 240 billion bits of information per second. Such incredibly rapid brain activity can lead to confusion, fear, tension, stress, and anxiety. To stave off these pressures, our minds instinctively look for "one-minute escapes": exercise, drinking and drugs, smoking, sex, and entertainment. All efficient short-term distractions, none is a permanent salve. The One-Minute Meditator shows readers how to harness the innate drive for quick mental escapes and use that urge to quiet our thoughts from within. Proving that meditation is both physically and emotionally healthful, Nichol and Birchard show readers how to meditate whenever they have a solitary minute or more: on the walk from the parking lot to the office, while waiting in line, while on hold on the phone, or while trying to fall asleep. Both inspiring and instructive, The One-Minute Meditator gives readers the tools to incorporate the power of meditation into otherwise busy, harried lives.

## Book Information

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## Customer Reviews

I have meditated daily for the last 3 years and have found this book very helpful. I had let my meditations become more "routine" than "mindful". The very easy excercises through out the book helped me find my center again. I would recommend this book to anyone at any level . . . beginner to experienced!

A year after diagnosis with high blood pressure, I've been on diets, medication, and a steady dose of advice from my family. My doctor suggested I meditate to reduce stress, but everything I read

wanted to change my religion. This book is terrific. A quick read, it is a practical, hands on, step-by-step approach to meditation. And it really works. Finally I understand what all the shooting was about.

10/18/2001 - Ommmmm along for peace of mind By Deirdre Donahue, USA TODAY This autumn, our national psyche's Teflon shield has been severely scratched by terrorist attacks and anthrax headlines. We cannot change reality, so people need to find healthful ways to cope. For centuries, people around the world have found an inner calm through meditation. It seems easy. Just sit or lie down, close your eyes and clear your mind. Alas, taming those wild monkeys that jump around your mental tree is very difficult. This book and audio presentation explores the practice of meditation: \* The One-Minute Meditator by David Nichol, M.D., and Bill Birchard (Perseus Press, and Audio Renaissance, 3 hours, abridged). Read by Nichol, the tape is fervent in describing the way training one's mind can decrease stress.

I enjoyed this book very much. I especially liked the second half with the instruction on meditation. It also had the best description of mindfulness that I have ever heard. Great book!!

I bought this book because several of the calmest, most positive people I know recommended meditation as a way to ease my anxiety. I found this book very helpful. To be clear, I had no prior experience or knowledge of meditation besides the fact that I always drifted off when I tried! So if you've read about the practice before, this probably isn't the best book. But if you, like me, are new to this and want an easy overview and to get started right away with baby steps, I highly recommend it.

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