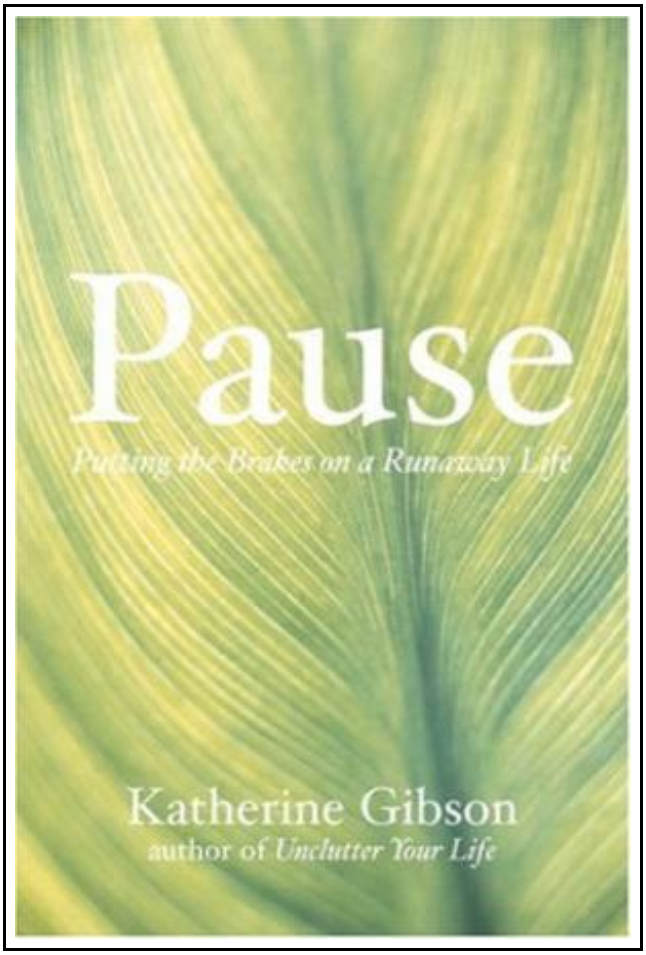
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PAUSE: PUTTING THE BRAKES ON A RUNAWAY LIFE

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Insomniac Press. Paperback. Book Condition: new. BRAND NEW, Pause: Putting the Brakes on a Runaway Life, Katherine Gibson, As a society, we're exhausted. Today's hurried life entraps us at every level: from the early morning bolt out the door, to increasing workloads with reduced resources, escalating family responsibilities, social obligations, committee meetings, and exercise classes. We have packed away our passions to let the minutiae of life take over. Rather than live in harmony with our spirit, we buy a bigger truck or recarpet the living room. While some of us might be tempted to 'pull a Thoreau' and disappear into a personal version of Walden Pond, most of us can't or don't want to. We must create healthful interludes, daily pauses, to sustain us. This book aids readers to incorporate meaningful moments into the day. 'Pause' contains thirty coffee-break-length chapters, each offering a single idea, a single pause. Since our physical environments profoundly affect our interior landscape, the book begins with practical chapters about physical space. The book then explores three essential practices, or pauses, that are integral to healthful living. Chapters on practical (sometimes playful) and spiritual elements follow. From cooking with the kids, watching the snow fall on a Saturday walk, and escaping on mini-retreats to shamelessly enjoying small indulgences, this book offers suggestions for breaks from the daily grind-ones that nourish body and soul.

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