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## A Mindful Nation: How a Simple Practice Can Help Us Reduce Stress, Improve Performance, and Recapture the American Spirit

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By Tim Ryan

Hay House Inc. Hardback. Book Condition: new. BRAND NEW, A Mindful Nation: How a Simple Practice Can Help Us Reduce Stress, Improve Performance, and Recapture the American Spirit, Tim Ryan, In one of the most optimistic books to come out of Washington during these trying times, Congressman Tim Ryan presents us with an inspiring and hopeful view of the future of all nations - and a roadmap for how to get there. Around the world, people are feeling squeezed, exhausted and running faster and faster while falling farther behind. The economy continues to struggle, wars rage on, and every week brings news of another environmental disaster. Everything seems broken and people feel helpless to make a difference. Despite this bleak outlook, there are strands of quiet hope and confidence. People are beginning to take action in a new way: they are slowing down, paying attention and gaining an awareness of the inner resources at their disposal. This new way is based on the timeless and universal practice of mindfulness, the natural capabilities of our brains and minds, and the core values of self-reliance, stick-to-it-iveness and getting the job done. And it's manifesting in every sector of society - it's helping...



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