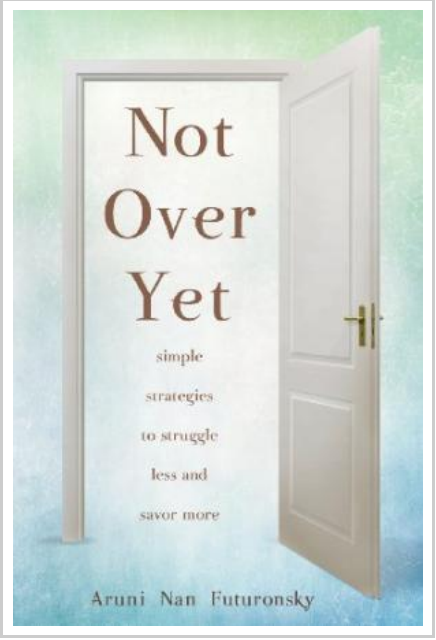


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Not Over Yet: Simple Strategies to Struggle Less and Savor More (Paperback)

By Aruni Nan Futuronsky

Dog Ear Publishing, United States, 2013. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****. These simple and wise vignettes go right to the heart. Aruni s writing is alive, humorous and filled with compassion toward our humanness. -Tara Brach, Ph.D., Author of Radical Acceptance and True Refuge Aruni Nan Futuronsky is back with her signature blend of delicious humor and deep wisdom. In her third book, Aruni turns her attention to the ever-unfolding present. Whether she is worshipping with the Quakers, grieving with her wife, or walking in the woods with Zac and Lucy, her furry teacher-guides, every day brings with it a new opportunity to practice. In twelve chapters that are part memoir, part interactive workbook, Aruni invites her readers-softly, gently-to create their own practice of love, breath, and surrender. Each chapter is a gift, an opportunity to feel, relax, and let the feelings move through us. Not Over Yet is a roadmap to the sanctity of mindfulness, the blossoming of heart, and the ultimate freedom of opening ourselves to all that is yet to come. Aruni s magnificent voice continues to deepen in this wonderful new book,...

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