



The Mindful Woman: Gentle Practices for Restoring Calm, Finding Balance, and Opening Your Heart

Sue Patton Thoele

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Imagine a day in which you can be in the midst of chaos but maintain a clear head and sense of balance and focus and have your feet firmly planted on the ground. Even the busiest of women among us has the ability to embrace mindfulness and will reap the benefits of doing so!

In this book, Sue Patton Thoele shows you how to incorporate mindfulness into your busy and dynamic life. The book's gentle and humorous approach makes it a practical and easily understood guide for those who are new to the practice of mindfulness as well as those who are already familiar with its gifts.

The book offers over sixty-five simple and effective practices to help you embrace mindfulness one moment at a time. Filled with both the author's and other women's personal stories about the joys and hurdles that come with embracing mindful living, **The Mindful Woman** is a friend whose hand you can hold on the path toward being present in the moment. Finding your way will lead naturally to a more open heart, inner peace, and greater zest for life—a path well worth pursuing.

*I have been a fan of Sue Patton Thoele's gentle wisdom since her very first book. Here she takes on mindfulness in her typical wise and caring way. **The Mindful Woman** is a retreat in a book!*

-M.J. Ryan, author of *This Year I Will...*, *Giving Thanks*, and many other titles

***The Mindful Woman** is a warm-hearted tour of many effective ways for a woman to feel more peaceful, focused, and happy in the middle of her busy life. Based on scientific research and its author's deep insights, it is comprehensive and caring...a wonderful book.*

-Rick Hanson, Ph.D., psychologist, board member of Spirit Rock Meditation Center, and author of *Mother Nurture*

*Sue Patton Thoele is a heart-filled and gifted wordsmith who draws you into an enchanted journey of personal growth in each of her books. **The Mindful Woman** may well be her crowning glory... and yours... so get ready for a big treat!*

-Bobbie Sandoz Merrill, MSW, author of *Settle for More*, *Parachutes for Parents*, and *In the Presence of High Beings*

*Sue Patton Thoele is the master of explicating real life and real people. In **The Mindful Woman**, she adds a new dimension: real thinking. Many books preach mindfulness, but this is the only one that makes it so simple that you fall into practicing it as you turn the pages. Thoele has surpassed even her early groundbreaking books tailored to women's needs. Here is the hallmark of a deeply intuitive writer who presents her message in gentle, non-judgmental, and attractively intimate prose.*

-Hugh Prather, author of *Morning Notes*, *Notes to Myself*, and *Spiritual Notes to Myself*

*Sue Patton Thoele's books have long been a guiding light for me. **The Mindful Woman** is warm, wise, and wonderful and has become a touchstone to which I turn for advice and clarity. Reading Sue Thoele has truly made a difference in my life and has made me more mindful of the happy, healthy woman I am becoming.*

-Brenda Knight, author of *Wild Woman* and *Rituals for Life*

wise, witty, and wonderful guide to what eludes us most: peace of mind and heart in a turbulent world.

-Janice Lynne Lundy, author of *Your Truest Self*

*This book now has a permanent place on my nightstand. **The Mindful Woman** does much more than inform the reader about mindfulness. Through tiny, sweet bites of easy practice, it transforms a thoughtful woman into a mindful woman. Sue Patton Thoele's tenderness toward her reader warms each page as she reveals her own slips and slides in finding the positive and pleasant view of every circumstance.*

-Cynthia Wall, LCSW, author of **The Courage to Trust**

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George Walker:

This The Mindful Woman: Gentle Practices for Restoring Calm, Finding Balance, and Opening Your Heart book is not ordinary book, you have after that it the world is in your hands. The benefit you will get by reading this book is actually information inside this publication incredible fresh, you will get data which is getting deeper anyone read a lot of information you will get. This particular The Mindful Woman: Gentle Practices for Restoring Calm, Finding Balance, and Opening Your Heart without we know teach the one who studying it become critical in contemplating and analyzing. Don't end up being worry The Mindful Woman: Gentle Practices for Restoring Calm, Finding Balance, and Opening Your Heart can bring if you are and not make your bag space or bookshelves' become full because you can have it within your lovely laptop even mobile phone. This The Mindful Woman: Gentle Practices for Restoring Calm, Finding Balance, and Opening Your Heart having excellent arrangement in word and layout, so you will not really feel uninterested in reading.

Benjamin Nation:

A lot of people always spent their free time to vacation or go to the outside with them loved ones or their friend. Do you know? Many a lot of people spent that they free time just watching TV, or playing video games all day long. If you would like try to find a new activity that is look different you can read a new book. It is really fun for you. If you enjoy the book that you simply read you can spent all day every day to reading a guide. The book The Mindful Woman: Gentle Practices for Restoring Calm, Finding Balance, and Opening Your Heart it is rather good to read. There are a lot of people that recommended this book. These were enjoying reading this book. In case you did not have enough space bringing this book you can buy typically the e-book. You can m0ore effortlessly to read this book from a smart phone. The price is not too expensive but this book offers high quality.

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that you have read. If you want to get information about your examine, you can read education books, but if you want to entertain yourself read a fiction books, these us novel, comics, along with soon. The The Mindful Woman: Gentle Practices for Restoring Calm, Finding Balance, and Opening Your Heart provide you with a new experience in examining a book.

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