



Awakened Mind: One-Minute Wake Up Calls to a Bold and Mindful Life

David Kundtz

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Following on the success of Quiet Mind, Awakened Mind is David Kundtz's newest book of meditations for living peacefully and mindfully in a busy world. As the Navajo proverb says, "When we are pretending to be asleep, no one can awaken us." We must stop the pretending and "awaken" ourselves. The book contains more than a hundred reflections on life, gratitude, creativity, diversity, and spirituality, each with an inspiring quotation and an idea for putting that meditation to use in daily life. This remarkable collection of insights shows us how living in a state of awareness about the reality that always exists in front of our faces, under our noses, or just below the surface of every moment, is one sure way to live life more fully and joyfully.

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