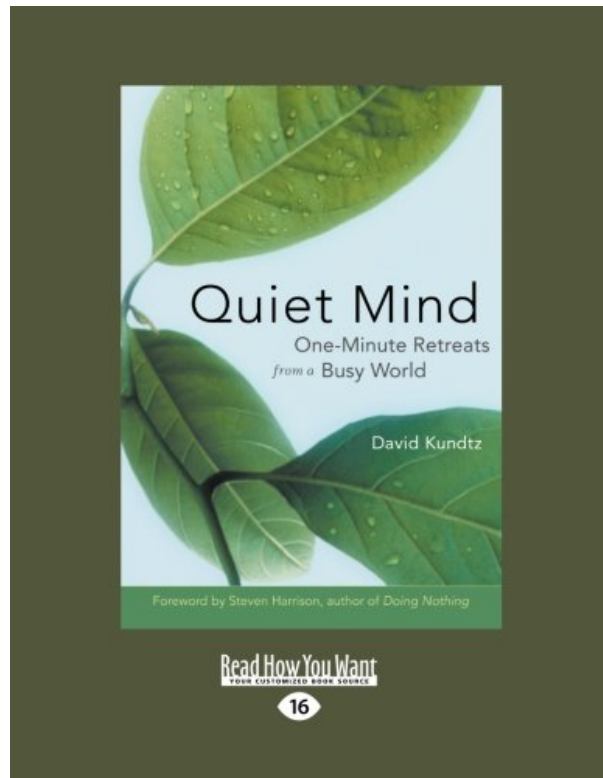
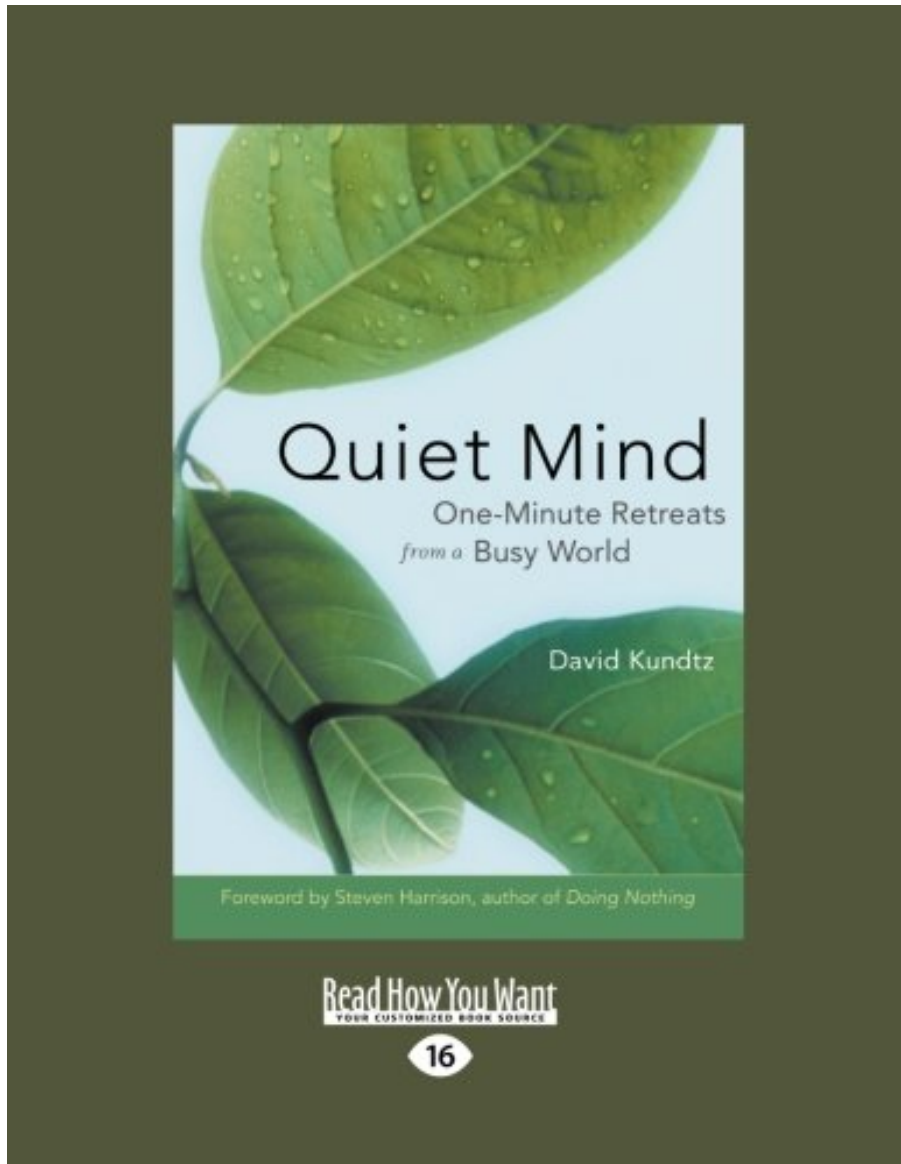


QUIET MIND: ONE-MINUTE RETREATS FROM A BUSY WORLD BY DAVID KUNDTZ



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About the Author

David J. Kundtz, author, speaker, and licensed psychotherapist, is also director of Inside Track Seminars, which offers seminars on spiritually based stress management and emotional health for the helping professions. He has earned graduate degrees in both psychology and theology and his doctoral degree, a doctor of the science of theology (s.t.d.), is in the field of pastoral psychology.

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More than a meditation book, *Quiet Mind* is a series of reflections that can illuminate every aspect of life. It offers readers guidance on using the moments between activities - which the author calls "still points" - as opportunities to focus on becoming more fully awake to who they are. "These times are the "spaces in between" the events of your life," writes Kundtz, "spaces often lost, or worse - filled with anxiety. And these spaces in between are just waiting to bring you the calmness.

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Most helpful customer reviews

33 of 34 people found the following review helpful.

Much-Needed Respite From Overloaded Senses, Cluttered Thoughts, and Hurried Lives

By Janet Boyer

"Welcome to a new way to cope with the demands of a too-busy life. Welcome to a way that requires no difficult skills, adds no new burdens, and accommodates all spiritual systems and life-styles. Welcome to all who want to do nothing-more often, more creatively, with joy, and without guilt. Welcome to one-minute retreats that can be yours at any time of the day or night." - From the book

According to author David Kundtz, a mindful posture centered from the quiet state of your being is **crucial** for any undertaking. In fact, he asserts, if we do not take the time to pause with purpose, disappointment and failure awaits us.

In his book *Quiet Mind*, Kundtz invites us to do nothing-but to "do" it with purpose, meaning, and value. That is, to take time for ourselves, to rest, to find peace, to awaken, to remember, and to find ways to recognize what we may have forgotten, and how not to forget again.

At 370-pages, *Quiet Mind: One-Minute Retreats from a Busy World* is brimming with dozens of meditations designed to promote thoughtfulness, calm, and quietude. The mini-retreats, one and a half to two pages long, feature a sage quote and Kundtz's wise and gentle commentary. At the end of each, the author offers one-sentence encouragement, inviting readers to observe life and apply the wisdom found in the meditation.

Kundtz has organized these meditations under fourteen general categories, including:

- * Making Room for Life
- * Creating Opportunities for Serenity
- * Defining Your Values
- * Finding Peace at Work
- * Knowing Thyself
- * Awakening to Wonder
- * Giving Back to the World

Under the category *Finding Peace at Work*, for example, is a meditation about *Weariness*. Beginning with a quote from Eric Hoff saying, "Our greatest weariness comes from work not done", Kundtz observes:

"...what tires us most is not work, but the anticipation of work still to do. Here is a time when living in the present moment is vital. The past is gone, the future is a just a concept and a projection of our minds. All you have is now. It's all you need..."

In the section *Making Room for Life*, a meditation called *What's Going on Here* begins with a quote by George Wilson: "Things are seldom about what they seem to be about." Kundtz notes that all too often we narrowly focus on accomplishing a particular task that we overlook the obvious cause of pain and distress in those around us. He relates the story of a frustrated mother bringing her son to him for counseling. The boy refused to go to school, and neither the son nor the mother was very communicative as to possible causes. Kundtz couldn't figure out what was at the heart of the problem! When he suggested they come back next week the mother replied that they could not come back next week because they were moving across the country. Aha! At last, a window into the boy's world: he was grieving the loss of his friends and all things familiar.

Quiet Mind by David Kundtz is a delightful book, providing a much-needed respite from overloaded senses, cluttered thoughts, and hurried lives.

18 of 18 people found the following review helpful.

Spiritual Practice for Busy People

By A Customer

This book is a miracle of mindfulness! In short segments that can be read in less than 10 minutes, Kundtz manages to distill the philosophy of Christian, Buddhist, and other religious traditions in a way that is refreshingly non-sectarian. The exercises that conclude each segment can easily be remembered and conducted throughout the day and, taken together, form a transformational course in mindfulness for the everyday person. My only complaint about the book is that I wish it weighed less, so it could more easily be

tossed into a briefcase or purse.

17 of 17 people found the following review helpful.

Quiet Mind

By David M. Johnson

I originally picked up this book because of the title, figuring it would have some nice observations about existing in our "busy" world. I was surprised that not only did it have some pithy, and relevant thoughts about our lives, but that they were insightful and thought provoking as well. The short one or two page comments are just enough to read quickly, but deep enough that I found myself thinking about them at various times throughout the day. I have enjoyed this book so much, that I bought four more for Christmas gifts. One of those incidental purchases that turned into a real find.

See all 37 customer reviews...

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