



Be Generous: 101 Meditations & Suggestions to Get You Through the Day and Night

David Marell

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This small, captivating volume is a perfect gift and a welcome companion for the times when we all need something to ground us in the moment and give us a chance to catch our breath. *Be Generous* and the other hundred quick and quirky meditations remind us that life's little foibles are what life "and spiritual practice" are really about. Everything from making love to getting up in the middle of the night to pee to parking in the city is fodder for Marell's finely-honed sense of being in the moment.

The meditations are funny and serious and urge us to practice compassion, bask in abundance, meditate, laugh, and rejoice in our perfect and imperfect lives. They give us the opportunity to breathe.

From the book:

I Make My Own Decisions

I paid fifty dollars to park my car

I paid fifty dollars to park my car

I paid fifty dollars to park my car

Breathe

Breathe

Thank you

Thank you

More than a hundred quirky, original meditations are designed to bring you back to the here and now along with black-and-white illustrations by the author that go with meditations on dental floss.

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From reader reviews:

Freddie Patton:

This Be Generous: 101 Meditations & Suggestions to Get You Through the Day and Night book is simply not ordinary book, you have after that it the world is in your hands. The benefit you receive by reading this book is information inside this reserve incredible fresh, you will get details which is getting deeper an individual read a lot of information you will get. This Be Generous: 101 Meditations & Suggestions to Get You Through the Day and Night without we comprehend teach the one who looking at it become critical in pondering and analyzing. Don't possibly be worry Be Generous: 101 Meditations & Suggestions to Get You Through the Day and Night can bring if you are and not make your carrier space or bookshelves' become full because you can have it in the lovely laptop even cellphone. This Be Generous: 101 Meditations & Suggestions to Get You Through the Day and Night having very good arrangement in word as well as layout, so you will not experience uninterested in reading.

Andre Botsford:

Playing with family in a very park, coming to see the water world or hanging out with friends is thing that usually you could have done when you have spare time, and then why you don't try thing that really opposite from that. A single activity that make you not experience tired but still relaxing, trilling like on roller coaster you already been ride on and with addition details. Even you love Be Generous: 101 Meditations & Suggestions to Get You Through the Day and Night, you may enjoy both. It is fine combination right, you still desire to miss it? What kind of hangout type is it? Oh seriously its mind hangout men. What? Still don't understand it, oh come on its referred to as reading friends.

Mildred Kelly:

The book untitled Be Generous: 101 Meditations & Suggestions to Get You Through the Day and Night contain a lot of information on the idea. The writer explains her idea with easy approach. The language is very clear and understandable all the people, so do not really worry, you can easy to read the idea. The book was published by famous author. The author gives you in the new era of literary works. It is easy to read this book because you can please read on your smart phone, or device, so you can read the book with anywhere and anytime. If you want to buy the e-book, you can open up their official web-site and also order it. Have a nice examine.

Lloyd Stec:

That book can make you to feel relax. This kind of book Be Generous: 101 Meditations & Suggestions to Get You Through the Day and Night was colourful and of course has pictures on there. As we know that book Be Generous: 101 Meditations & Suggestions to Get You Through the Day and Night has many kinds or style. Start from kids until young adults. For example Naruto or Investigator Conan you can read and believe that you are the character on there. So , not at all of book are make you bored, any it can make you

feel happy, fun and loosen up. Try to choose the best book for you personally and try to like reading that.

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