



Living the Marble Life: A Weekly Exercise to Start Appreciating Life One Moment at a Time

By University David Becker

Turning Stone Press, United States, 2016. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book. Life happens fast. And because of this, we often forget we are steering our own ship. We forget that life is a collection of moments, and that these moments are what truly define us. If we could just learn to place more emphasis on the moment, we could mine more meaning from life. Living the Marble Life will teach you simple yet profound techniques to help you slow down life, pay attention to the here and now, and cherish and enrich each experience to gain greater fulfillment out of each moment. In addition, you will learn mindful exercises that will help you discover the true you harbored deep within. Marble Life was born from a decade-long experiment and has evolved into a daily exercise that will revolutionize your way of living. It is a philosophy, a way of life, a technique, a life tool . . . a Life Appreciation System grounded in the idea that using a single object--in this case, a marble--can help you focus on exactly where you are in life and appreciate each moment for the...



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Reviews

This publication can be really worth a go through, and superior to other. It is amongst the most amazing publication we have go through. You wont feel monotony at anytime of your own time (that's what catalogues are for about when you request me).

-- **Ms. Elda Schaden MD**

Complete guideline! Its this kind of good read. It can be writter in easy terms rather than difficult to understand. I am delighted to tell you that here is the very best book i have got go through during my very own lifestyle and might be he greatest ebook for at any time.

-- **Bill Klein**