

**Mindful Meditations For Every Day Of Lent And
Easter: Years A, B, And C By Rev. Warren
Savage; Mary McSweeney**

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Based on the daily scripture readings for Lent, this book helps you explore the depths of your being, your relationship to Christ, and your association with others

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Next, the coach will take you through mindfulness exercises. "You should sit in meditation for twenty minutes every day unless you re too busy.

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Why Every Day? Because mindfulness requires a commitment to regular Singhashri Gazmuri s life was transformed after she discovered meditation at the age of 21.

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Mary McSweeny is the author of Advent Reflections for Peace and Healing (4.00 avg rating, 1 rating, 1 review, published 2002), Lenten Reflections for Pea

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