



Open Mind: Women's Daily Inspiration for Becoming Mindful

Diane Mariechild

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From the author of *Mother Wit*, the much-loved guide to women's spirituality, come crystalline daily readings that inspire and guide women toward mindfulness, compassion, and centered contemplation. Diane Mariechild's practiced insight leads readers through the year with guided visualizations, advice, parables, and quiet inspiration that draws seekers toward the serene and ancient wisdom of Buddhism. This is clear and intelligent spiritual companion contains a wealth of stirring quotes from such luminaries as Alice Walker, Marion Wright Edelman, Anne Morrow Lindbergh, Pema Chödrön, Charlotte Joko Beck, and Maya Angelou. Their voices inspire Mariechild's graceful spiritual direction, which leads the Western mind toward a calm center and a compassionate engagement with the world.

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