

# Mp3 Judith Day - Good Sense, Guided Meditations For Living Mindfully



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Learning to live in the now frees us from being lost in our thoughts and inspires us to enjoy our lives. On this CD, a soothing voice guides you in exploring the present moment. 10 MP3 Songs SPOKEN WORD: Educational, SPOKEN WORD: Inspirational Details: Judith Day teaches meditation as a way to connect with your human nature with gentle honesty. She has practiced mindfulness meditation since 1975 and has been offering classes and retreats since 1990, both privately and through Kaiser-Permanente. Trained for over thirty years in Buddhist, Christian and secular perspectives, Judith has produced 3 CDs that offer ancient wisdom and contemporary medical and psychological concepts in a very simple, down-to-earth fashion. In addition to teaching meditation, Judith is a psychotherapist in Santa Rosa and Napa, California.

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