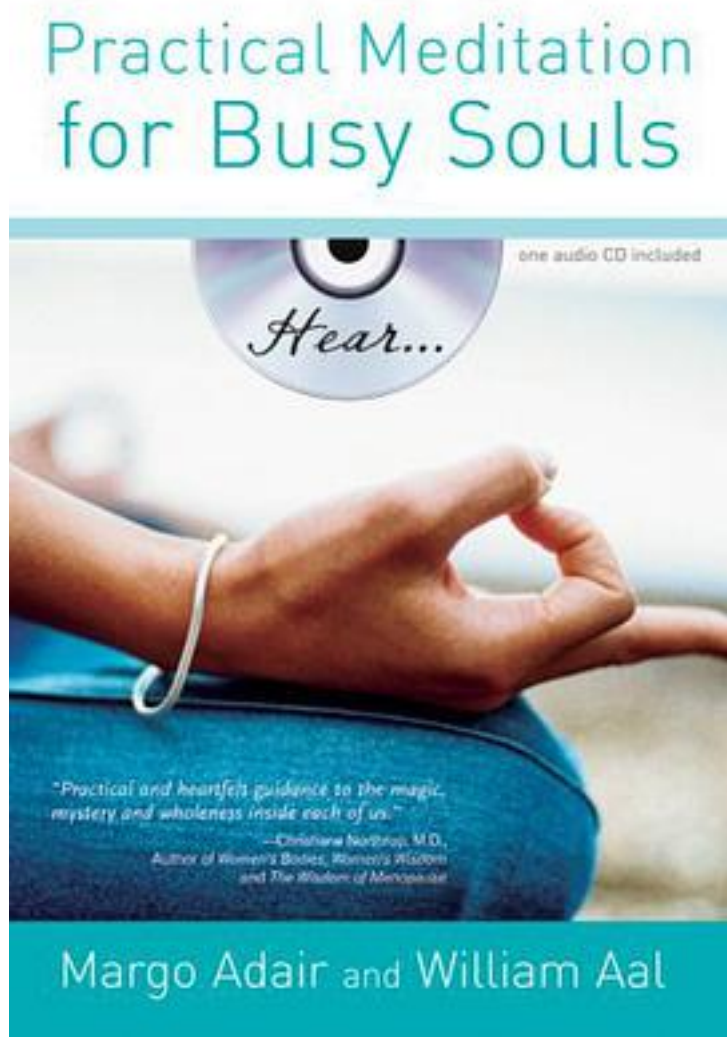


Practical Meditation for Busy Souls



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The classic book on practical meditation, updated and revised. Originally published in 1984, Working Inside Out is one of the first books to bring pragmatic meditation techniques to westerners. Now, for the first time, the classic meditation book is paired with a specially created audio CD of guided meditations. Adair teaches the reader to use symbols that make meditation available to even the most restless and busy people. Adair has updated her original work to reflect the latest thinking on meditation and its applications, including updates to many meditations, updates and revisions to all chapters and new writing on using meditation to address social issues. The book includes more than 45 guided meditations, a select number of which are contained on the 72-minute audio CD. "Both pragmatic and visionary, this book is a must for people who are seriously determined to improve their lives."-Philip Slater, author of Pursuit of Loneliness: American Culture at the Breaking Point "A very important, common sense book about our awareness of ourselves and our responsibility to become what we can be. We should hear its message."-Vine Deloria Jr., author of Red Earth, White Lies

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