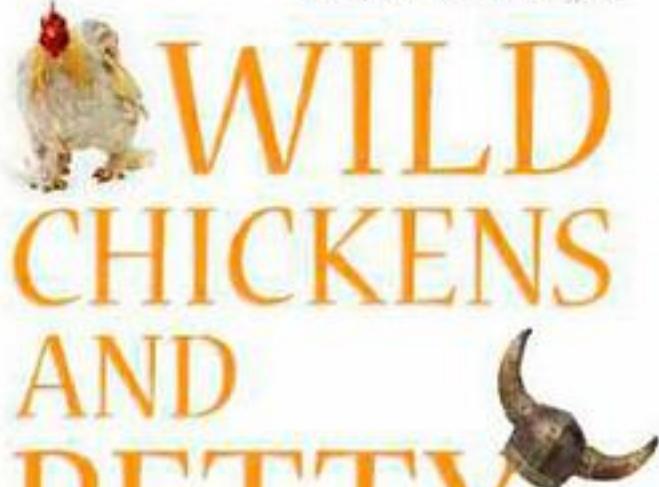


Wild Chickens and Petty Tyrants

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"Compelling, entertaining, and useful—I couldn't put it down!"

Dr. Steve Tullman, author of *Only People*



WILD CHICKENS AND PETTY TYRANTS

108 METAPHORS FOR
MINDFULNESS

ARNIE KOZAK, Ph.D.

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Not since Mindfulness in Plain English has there been a more accessible and user friendly book on mindfulness meditation. Mindfulness is a process of self-inquiry directed at what is happening in the moment, a focus on experience as it occurs without inner commentary or judgment. Metaphors are indispensable to mindfulness practice. They motivate us, help us bring mindfulness into daily life, and show us how to use mindfulness as a tool for self-improvement. Their imagery helps anchor understanding and provides a bridge from concept to experience. This book presents 108 metaphors for mindfulness, meditation practice, self-change, acceptance, and other related concepts. Compiled by the author over a 25-year period, they employ imagery as diverse as the inner mute button and Earl Gray tea. Many are original; others are selected from the classic literature on Buddhism and mindfulness. Each is a node in a network of interweaving concepts that enliven the experience of mindfulness while alleviating stress, anxiety, and depression.

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