

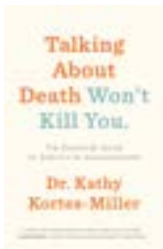
"In music the intuitive aspect of consciousness is tapped, nurtured, and encouraged; the same is true in contemplative practice."



IN TUNE
Music as the Bridge to Mindfulness
 Richard Wolf • *The Experiment*

Award-winning music veteran Richard Wolf came to meditation (as have many musicians) with the need to maintain his health while staying in the heat of creative challenges. What he discovered, however, was a natural convergence of mindfulness and music, where each practice deepened the other. Meant for his fellow musicians at any level,

this book offers a plethora of music-based mindfulness exercises for the “transferable virtues” music can cultivate, from the art of deep listening to (here we see Wolf’s technical savvy) “sympathetic vibrations” and silence. The point, says Wolf, isn’t necessarily becoming a better musician, but being more in harmony with yourself.



TALKING ABOUT DEATH WON'T KILL YOU
The Essential Guide to End-of-Life Conversations
 Dr. Kathy Kortez-Miller • *ECW Press*

It may be a truism that death is a part of life—but it’s a part of life that our society keeps out of sight and mind, and the avoidance isn’t healthy. The rise of interest in “death cafés,” public forums to host open discussions about death, is a sign we’re becoming more game to acknowledge our own mortality. When this happens, says the author, we’ll be able to “change the conversation

from something negative to one of understanding, compassion and acceptance.” Assistant professor of sociology in Thunder Bay, Ontario, Kathy Kortez-Miller offers this book, enriched by her own experience as well as research, to help us all prepare for and have these important conversations with the soon-dying, their families, friends, young children, and colleagues.

“Mindful eating is an adventure marked by curiosity, investigation, discovery, and an increasing sense of being liberated.”

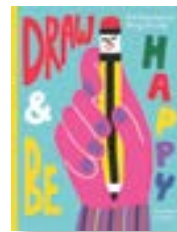


MINDFUL EATING ON THE GO
Practices for Eating with Awareness, Wherever You Are

Jan Chozen Bays, MD •
Shambhala Publications

To consume food or drink, these days, is not only about keeping ourselves alive. It's about constantly measuring our diets and our body image against the thousands of ads and other messages about food that we're bombarded with, day in and day out. It's hardly news that this inescapable reality can do a number on our ability to freely enjoy

our food. For those who want to reclaim that freedom, this pocket-size book on the key principles of mindful eating is a great place to start. Chozen Bays teaches how we can discern the “nine aspects of hunger” that we experience, approaching our needs and cravings with full, nonjudgmental awareness, so we can heal our relationship with food.



DRAW & BE HAPPY
Art Exercises to Bring You Joy

Tim A. Shaw and Cachetejack •
Chronicle Books

This colorful, upbeat book is as delightful to look through as it is to practice from. Full of bright, bold graphics, *Draw & Be Happy* offers 75 exercises to explore art as a means of mindful relaxation, creative brainstorming, and

just plain fun. From practicing “calming curves” to drafting a “visual” shopping list, there are plenty of opportunities for anyone—no matter what their skill level—to grab a pen and paper and explore their creative side. ●