



DOWNLOAD



## 108 Drops of Mindful Quotes from Social Media: For the Therapist, Client and Anyone Looking for Calm (Paperback)

By Omileye E Achikeobi-Lewis

Naked Truth Press, United States, 2014. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.108 Drops of Mindful from Social Media was born on a day of deep disillusionment with life, which I got over due to uplifting quotes posted on my Facebook. It was also birthed from the Facebook and social media mindful quotes collected by participants of the Dialectical Behavior Therapy (DBT) group I was helping to co-facilitate during my counseling internship. I was constantly touched and amazed at how inspiring the group members found the quotes. This book is a compilation of the mindful quotes compiled by the participants of the DBT group, from my own Facebook and that of friends. The quotes in the book have been carefully selected to facilitate a mindful journey towards wholeness for the therapist, their clients, and for anyone seeking calm in life. On a final note, this book was supposed to contain 100 mindful quotes. However, when I did a last count of the quotes in it there were surprisingly 108, the same number of beads that make up a meditation prayer mala (rosary). This fact, along with suddenly finding...



**READ ONLINE**  
[ 3.33 MB ]

### Reviews

*Absolutely essential go through pdf. Of course, it can be enjoy, still an amazing and interesting literature. Your way of life period will be convert the instant you comprehensive reading this article ebook.*

-- Kevin Quigley

*It is an amazing ebook i actually have at any time study. We have read and so i am certain that i will likely to read through yet again once again later on. Your way of life period will likely be change when you complete looking at this pdf.*

-- Cristina Rowe

## See Also



### **Coralie (Paperback)**

1st World Library, United States, 2005. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Purchase one of 1st World Library s Classic Books and help support our free internet library of downloadable...



### **The Range Dwellers (Paperback)**

1st World Library, United States, 2005. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Purchase one of 1st World Library s Classic Books and help support our free internet library of downloadable...



### **Finally Free (Paperback)**

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Its been four years since Malakais death, and Kinara couldnt be happier. She and Amir are married...



### **The Poor Man and His Princess (Paperback)**

Mark Martinez, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Poor Man and His Princess is a children s short story about unconditional love, and the connection made...



### **The Stories Mother Nature Told Her Children (Paperback)**

1st World Library, United States, 2005. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Purchase one of 1st World Library s Classic Books and help support our free internet library of downloadable...



### **I Wish My Teacher Knew: How One Question Can Change Everything for Our Kids (Hardback)**

The Perseus Books Group, United States, 2016. Hardback. Book Condition: New. 210 x 140 mm. Language: English . Brand New Book. One day, third-grade teacher Kyle Schwartz asked her students to fill-in-the-blank in this sentence: I wish my teacher knew . The...