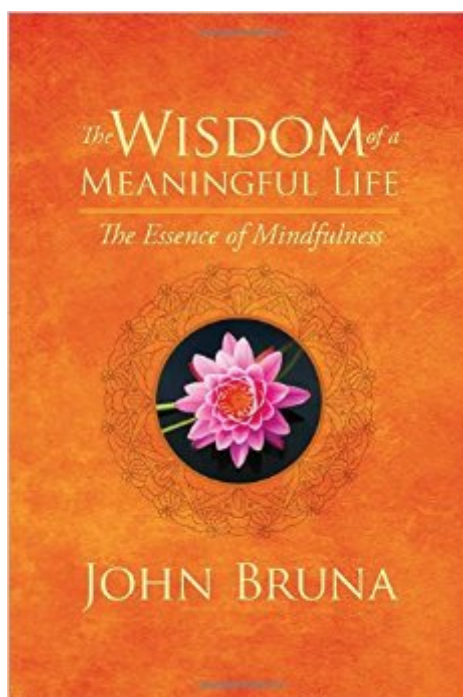


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# The Wisdom Of A Meaningful Life: The Essence Of Mindfulness



## Synopsis

A rich and multilayered guide that offers readers accessible wisdom and practical methods to cultivate deeper satisfaction in everyday experiences. In contrast to stimulus-driven pleasure, contentment comes from living a life of meaning that aligns with one's values. The author identifies the common traps people fall into looking for happiness that actually create stress, worries, and fears, and offers authentic mindfulness-based solutions to counteract them. The increasing popularity of secular mindfulness in the United States mainstream has unfortunately produced a variety of teachings that water down and misunderstand this important philosophy and approach to living. Mindfulness is often reduced to concentration exercises and a simplistic definition of being aware of the present moment. In nearly all secular presentations of mindfulness, it is taken out of the rich context of the Three Higher Trainings (ethics, concentration, and wisdom) of Buddhism in which it was originally taught. The unique feature of this book is that it maintains the substance of the entire teaching as a program that is accessible to people of all spiritual traditions or no spiritual tradition. John Bruna is a counselor, mindfulness and spiritual teacher, and Certified Alcohol and Substance Abuse Counselor (CASAC) in California. In 2005, he was ordained as a Buddhist monk in the Tibetan tradition through the Gaden Shartse Monastery in India. In 2012, he became a Certified Cultivating Emotional Balance Mindfulness Teacher via the Santa Barbara Institute for Consciousness Studies. Currently, John is the director of the Way of Compassion Foundation and cofounder of the Mindful Life Program.

## Book Information

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## Customer Reviews

I have been slowly reading John's book on leading a meaningful life, giving his words a chance to sink in. John's book is a treasure. It even feels like treasure when I hold it. Such a wonderful book. I not only have a copy for myself, but ordered 10 copies and have passed them out to friends.

John is a master teacher of mindful living practices leading the reader to life-changing understanding of how to live a beautiful and meaningful life. Tired of your reactions to people and situations? Looking for a new way of being in this world with empathy and present awareness? This easy to read book will help you.

John is a compassionate and masterful spiritual teacher whose book is a most helpful guide on the path to living a life of meaning, wisdom, and peace. The honesty and humor with which he shares his own journey make the book engaging as well as inspirational. He offers mindfulness practices that are quite applicable to every day life, as well as supporting the cultivation of deep fulfillment and true happiness.

What an excellent writer John Bruna is!! His take on how to live a meaningful life is simple,... so simple, and beautiful!!! I've been on a new path since taking in his works and it's wonderful!! I especially love how he uses his own life experiences and how he chooses to "handle them"!!! John Bruna, you are one very special man!!!

This book has the practical wisdom that has opened the door to genuine happiness in my own life. I have found great benefit in the simple, practical, and powerful meditations that are presented in this book. With daily practice using the tools laid out in this book, I have begun to enjoy a more compassionate, more loving, more content, and joy filled life.

The message in John Bruna's book is truly one that should be heard - love and compassion, not only for the people in your path, but for yourself. This book is accessible, and teaches us that even that which we perceive to be the most difficult obstacles can be integrated into us and turned into something balanced and constructive. Makes you think!

I go to Johns Mindfulness groups quite a bit and what I love about Johns book is that it follows, almost verbatim, what John speaks about in his groups and in his daily life. He truly lives and

speaks his own principles. John has been an inspiration to me and many others. This book absolutely moved me!

I would recommend this authentic teaching to anyone. Employing the resources offered in this book is steadily transforming my relationships and world experience. You can trust the guidance you receive in these pages.

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