



# **The Mindful Woman: Gentle Practices for Restoring Calm, Finding Balance, and Opening Your Heart**

*Sue Patton Thoele*

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Imagine a day in which you can be in the midst of chaos but maintain a clear head and sense of balance and focus and have your feet firmly planted on the ground. Even the busiest of women among us has the ability to embrace mindfulness and will reap the benefits of doing so!

In this book, Sue Patton Thoele shows you how to incorporate mindfulness into your busy and dynamic life. The book's gentle and humorous approach makes it a practical and easily understood guide for those who are new to the practice of mindfulness as well as those who are already familiar with its gifts.

The book offers over sixty-five simple and effective practices to help you embrace mindfulness one moment at a time. Filled with both the author's and other women's personal stories about the joys and hurdles that come with embracing mindful living, **The Mindful Woman** is a friend whose hand you can hold on the path toward being present in the moment. Finding your way will lead naturally to a more open heart, inner peace, and greater zest for life—a path well worth pursuing.

*I have been a fan of Sue Patton Thoele's gentle wisdom since her very first book. Here she takes on mindfulness in her typical wise and caring way. **The Mindful Woman** is a retreat in a book!*

-M.J. Ryan, author of *This Year I Will...*, *Giving Thanks*, and many other titles

***The Mindful Woman** is a warm-hearted tour of many effective ways for a woman to feel more peaceful, focused, and happy in the middle of her busy life. Based on scientific research and its author's deep insights, it is comprehensive and caring...a wonderful book.*

-Rick Hanson, Ph.D., psychologist, board member of Spirit Rock Meditation Center, and author of *Mother Nurture*

*Sue Patton Thoele is a heart-filled and gifted wordsmith who draws you into an enchanted journey of personal growth in each of her books. **The Mindful Woman** may well be her crowning glory... and yours... so get ready for a big treat!*

-Bobbie Sandoz Merrill, MSW, author of *Settle for More*, *Parachutes for Parents*, and *In the Presence of High Beings*

*Sue Patton Thoele is the master of explicating real life and real people. In **The Mindful Woman**, she adds a new dimension: real thinking. Many books preach mindfulness, but this is the only one that makes it so simple that you fall into practicing it as you turn the pages. Thoele has surpassed even her early groundbreaking books tailored to women's needs. Here is the hallmark of a deeply intuitive writer who presents her message in gentle, non-judgmental, and attractively intimate prose.*

-Hugh Prather, author of *Morning Notes*, *Notes to Myself*, and *Spiritual Notes to Myself*

*Sue Patton Thoele's books have long been a guiding light for me. **The Mindful Woman** is warm, wise, and wonderful and has become a touchstone to which I turn for advice and clarity. Reading Sue Thoele has truly made a difference in my life and has made me more mindful of the happy, healthy woman I am becoming.*

-Brenda Knight, author of *Wild Woman* and *Rituals for Life*



*wise, witty, and wonderful guide to what eludes us most: peace of mind and heart in a turbulent world.*

-Janice Lynne Lundy, author of *Your Truest Self*

*This book now has a permanent place on my nightstand. **The Mindful Woman** does much more than inform the reader about mindfulness. Through tiny, sweet bites of easy practice, it transforms a thoughtful woman into a mindful woman. Sue Patton Thoele's tenderness toward her reader warms each page as she reveals her own slips and slides in finding the positive and pleasant view of every circumstance.*

-Cynthia Wall, LCSW, author of **The Courage to Trust**

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#### **Betty Benner:**

Book is to be different for every grade. Book for children until finally adult are different content. As it is known to us that book is very important for us. The book The Mindful Woman: Gentle Practices for Restoring Calm, Finding Balance, and Opening Your Heart seemed to be making you to know about other know-how and of course you can take more information. It is extremely advantages for you. The e-book The Mindful Woman: Gentle Practices for Restoring Calm, Finding Balance, and Opening Your Heart is not only giving you considerably more new information but also for being your friend when you feel bored. You can spend your current spend time to read your e-book. Try to make relationship while using book The Mindful Woman: Gentle Practices for Restoring Calm, Finding Balance, and Opening Your Heart. You never sense lose out for everything should you read some books.

#### **Eula Johnson:**

This The Mindful Woman: Gentle Practices for Restoring Calm, Finding Balance, and Opening Your Heart book is just not ordinary book, you have it then the world is in your hands. The benefit you receive by reading this book is actually information inside this reserve incredible fresh, you will get facts which is getting deeper anyone read a lot of information you will get. This specific The Mindful Woman: Gentle Practices for Restoring Calm, Finding Balance, and Opening Your Heart without we recognize teach the one who looking at it become critical in imagining and analyzing. Don't always be worry The Mindful Woman: Gentle Practices for Restoring Calm, Finding Balance, and Opening Your Heart can bring when you are and not make your bag space or bookshelves' grow to be full because you can have it with your lovely laptop even telephone. This The Mindful Woman: Gentle Practices for Restoring Calm, Finding Balance, and Opening Your Heart having good arrangement in word and layout, so you will not really feel uninterested in reading.

#### **Brenda Cornell:**

This The Mindful Woman: Gentle Practices for Restoring Calm, Finding Balance, and Opening Your Heart is great publication for you because the content which is full of information for you who also always deal with world and possess to make decision every minute. This kind of book reveal it information accurately using great arrange word or we can say no rambling sentences within it. So if you are read the idea hurriedly you can have whole info in it. Doesn't mean it only provides straight forward sentences but difficult core information with attractive delivering sentences. Having The Mindful Woman: Gentle Practices for Restoring Calm, Finding Balance, and Opening Your Heart in your hand like getting the world in your arm, information in it is not ridiculous one. We can say that no book that offer you world inside ten or fifteen second right but this guide already do that. So , this really is good reading book. Heya Mr. and Mrs. hectic do you still doubt that will?



**Brenda Luna:**

In this time globalization it is important to someone to get information. The information will make anyone to understand the condition of the world. The health of the world makes the information much easier to share. You can find a lot of sources to get information example: internet, magazine, book, and soon. You will observe that now, a lot of publisher that will print many kinds of book. The particular book that recommended to you personally is The Mindful Woman: Gentle Practices for Restoring Calm, Finding Balance, and Opening Your Heart this reserve consist a lot of the information of the condition of this world now. This kind of book was represented just how can the world has grown up. The dialect styles that writer value to explain it is easy to understand. Typically the writer made some investigation when he makes this book. Honestly, that is why this book suitable all of you.

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