



A Restful Mind: Daily Meditations for Enhancing Mental Health (Hazelden Meditations)

By Mark Allen Zabawa

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The only meditation book designed to provide inspiration, support, and focus for those living with mental health problems.

With A Restful Mind, Mark Allen Zabawa offers the first book designed to provide inspiration and support specifically for people living with mental health problems. A year of daily readings address the common life issues that arise for those with mental health problems and help those dealing with a disorder start or end each day more at peace with themselves and the world. By focusing thinking on positive, health-enhancing messages and presenting the kind of empathetic support that fellow contenders of emotional distress can offer, these meditations help you achieve the mental rest and self-acceptance needed for a balanced, healthy mind and peaceful life.

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Editorial Review

About the Author

Mark Allen Zabawa is a counselor and patient monitor for a large hospital. He suffers from bipolar disorder and has led dozens of support groups for those with mental health problems. He is the author of *Living with Chronic Pain One Day at a Time*. Zabawa lives in Minneapolis, Minnesota.

Users Review

From reader reviews:

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Book is written, printed, or highlighted for everything. You can recognize everything you want by a publication. Book has a different type. As it is known to us that book is important point to bring us around the world. Close to that you can your reading expertise was fluently. A guide *A Restful Mind: Daily Meditations for Enhancing Mental Health (Hazelden Meditations)* will make you to possibly be smarter. You can feel a lot more confidence if you can know about every thing. But some of you think that will open or reading the book make you bored. It is far from make you fun. Why they could be thought like that? Have you searching for best book or acceptable book with you?

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Daniel Martin:

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