



A Mindful Way: Eight Weeks to Happiness

Jeanie Seward Magee

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Based on her belief that mindfulness is the foundation of a happy and fulfilling life, Jeanie Seward-Magee in *A Mindful Way* leads the reader through a comprehensive eight-week program towards self-realization and spiritual growth.

Immediately useful, practical advice written in a witty, intimate, and eloquent style, Seward-Magee uses innovative and creative teaching methods and her personal experience to show how simple techniques - writing, breathing, and focusing your awareness— can transform your life. With humor and compassion, *A Mindful Way* speaks to those with little or no experience with either Buddhism or spirituality.

A Mindful Way contains three very simple, potentially life-changing methodologies. "The Key" and "The Two Secrets": "Be still and know I am God", and trainings for deep self-knowledge and gratitude which allow the reader to understand himself and others more wholly. *A Mindful Way* divides life into seven-year segments, and combined with individually chosen self-reflection exercises, will help the reader examine the question of "Who am I?" The course gradually leads the reader to a deeper understanding that the only thing anyone ever possesses in his or her lives is the present moment.

This is a book for anyone, of any faith, who is looking for ways of enriching their life.

Foreword by Thich Nhat Hanh

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