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Meditation for Multitaskers (with CD): A Guide to Finding Peace between the Pings

David Dillard-Wright Ph.D

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If you think it's impossible to live mindfully in a world roaring with rings, pings, and rings, think again. You *can* recover your focus, enhance your creativity, increase productivity, and connect with your inner self—not just your phone or computer!

With this book, you'll cut through the blur of your busy life and get the relief you sorely need, whether you're in the office or in the comfort of your own home. Offering timely lessons in mindfulness on the go and a CD of guided meditations designed for tight schedules, this book will also help you:

- Improve your concentration
- Fight memory loss
- Reduce stress
- Encourage innovation
- And much more!

Meditation expert Dr. David Dillard-Wright borrows from both Eastern and Western traditions to help you bring serenity and self-awareness back into your daily routine. With plenty of one- and five-minute exercises to get you started, this book is your guide to a calmer, richer life.

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