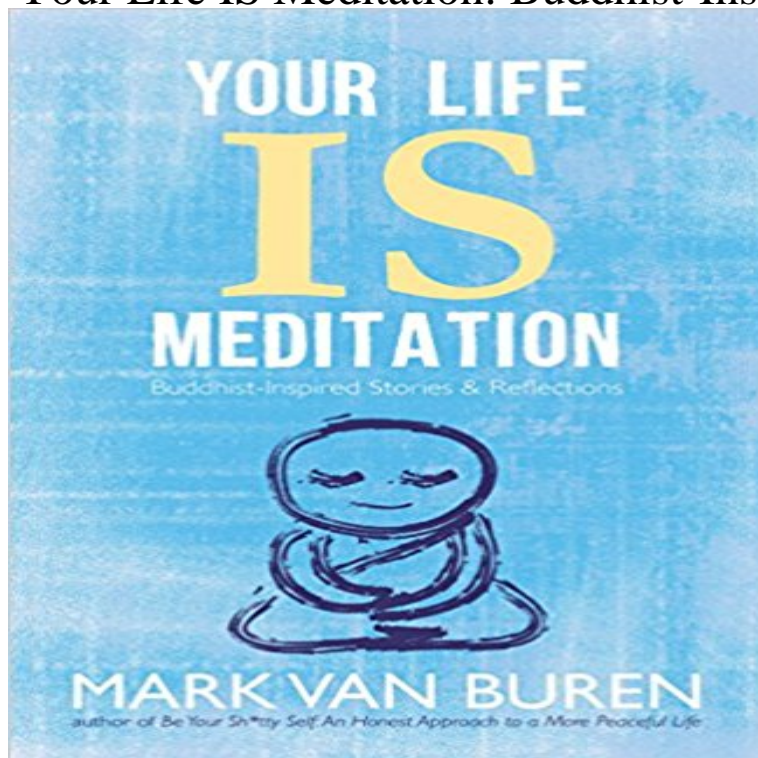


Your Life IS Meditation: Buddhist-Inspired Stories & Reflections



Beginning a meditation practice may seem like a daunting task. Making time to sit and be still, although simple to do, is not easy to take up and maintain, especially in our fast-paced society. In *Your Life IS Meditation*, Mark Van Buren shows how meditation is not only limited to the seated practice but is actually a new way of being and relating to yourself and your life. It's not a practice you do, but rather one you become. Meditation is the catalyst to relating directly, honestly, and openly to each moment of your life—pleasant or not—with the stories and reflections in this book. Mark will show you, from his years of Buddhist-inspired practice, how every aspect of your life can be used as fertile soil to cultivate wisdom, compassion, kindness, and most importantly, humor.

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