



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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