



# Taming the Drunken Monkey: The Path to Mindfulness, Meditation, and Increased Concentration

*William L. Mikulas Mikulas*

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In today's busy world, the mind can often behave like a drunken monkey?stressed, scattered, and out of control. Instead of falling victim to frustration and anxiety, learn to be calm, focused, and free of unwanted thoughts with this easy-to-use guide to mindfulness.

Drawing from Western and Eastern psychology, health systems, and wisdom traditions, *Taming the Drunken Monkey* provides comprehensive instruction for developing and improving three basic behaviors of the mind: concentration, awareness, and flexibility. Discover the power of breathwork exercises based on yogic pranayama, Chinese medicine, and Western respiratory science. Apply meditation and other mindfulness practices to your life for newfound focus, creativity, body awareness, and spiritual awakening. As you progress from novice to master, you'll effectively enhance the health of your mind, body, and spirit.

### Praise:

“A wonderful addition to our understanding of the mind and the unfolding journey of discovery.”?Joseph Goldstein, author of *Mindfulness: A Practical Guide to Awakening*

“In fluid and engaging prose, William Mikulas has written a book that provides a wise and delightful guide to living a mindful life . . . a helpful, systematic and very practical guide that presents numerous insights and exercises for personal transformation.”?Nirbhay N. Singh, editor of *Mindfulness* journal

“This book is brimming with wise and compassionate council for everyone from beginner to advanced practitioner . . . Whether you are interested in quieting your mind, increasing awareness, reducing attachments or opening the heart, you will find just what you need as you continue on your path towards awakening.”?Michael Brant DeMaria, PhD, clinical psychologist and author of *Ever Flowing On*

“This is, undoubtedly, one of the best mind training manuals that has ever been written . . . It is a must read book.”?Sompoch Iamsupasit, PhD, professor at Chulalongkorn University in Bangkok

“For everybody who wants to be aware and mindful, attentive and concentrated . . . Bill Mikulas' book is wholeheartedly recommended.”?G.T. Maurits Kwee, PhD, founder of the Institute for Relational Buddhism & Karma Transformation

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#### **Roy Brown:**

Why? Because this Taming the Drunken Monkey: The Path to Mindfulness, Meditation, and Increased Concentration is an unordinary book that the inside of the reserve waiting for you to snap the item but latter it will shock you with the secret this inside. Reading this book alongside it was fantastic author who else write the book in such remarkable way makes the content interior easier to understand, entertaining means but still convey the meaning thoroughly. So , it is good for you because of not hesitating having this nowadays or you going to regret it. This phenomenal book will give you a lot of advantages than the other book get such as help improving your skill and your critical thinking approach. So , still want to hold off having that book? If I have been you I will go to the reserve store hurriedly.

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