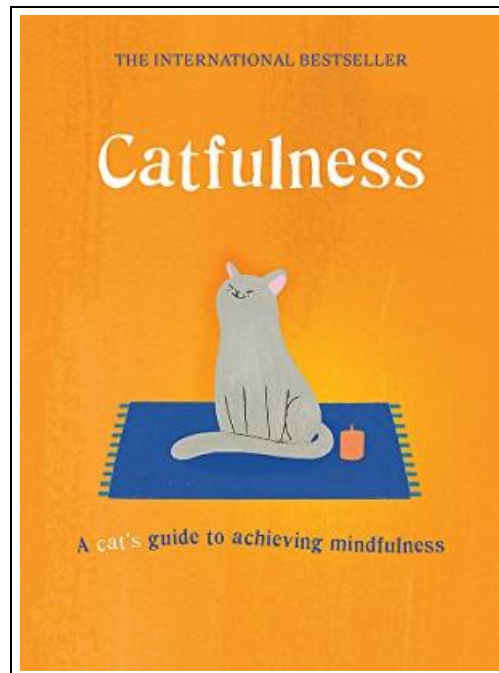


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Absolutely among the best publication I have got at any time go through. It really is written in straightforward phrases rather than hard to understand. Its been designed in an extremely straightforward way which is just soon after i finished reading this publication through which basically modified me, alter the way i believe.

(Mrs. Velda Tremblay)

CATFULNESS: A CAT S GUIDE TO ACHIEVING MINDFULNESS (HARDBACK)



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Quercus Publishing, United Kingdom, 2017. Hardback. Condition: New. Language: English . Brand New Book. Human beings love to create problems for themselves. I observe this on a daily basis, as do all my feline friends. They never stop, and one of their favourite tasks is to find more tasks to do. They are always looking for something, as if the life they have isn t enough. They say they re looking for happiness - but do they know what happiness is? We cats know the art of living. We eat when we re hungry, sleep when we re tired. Sitting for hours outside a mouse hole has taught us patience. Staring at an aquarium has brought us meditation. And we know how to please ourselves. Catfulness is a seven-week mindfulness programme for human beings. If they can live their lives more like us, the world will be more serene. As Sigmund Freud said, time spent with cats is never wasted.



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