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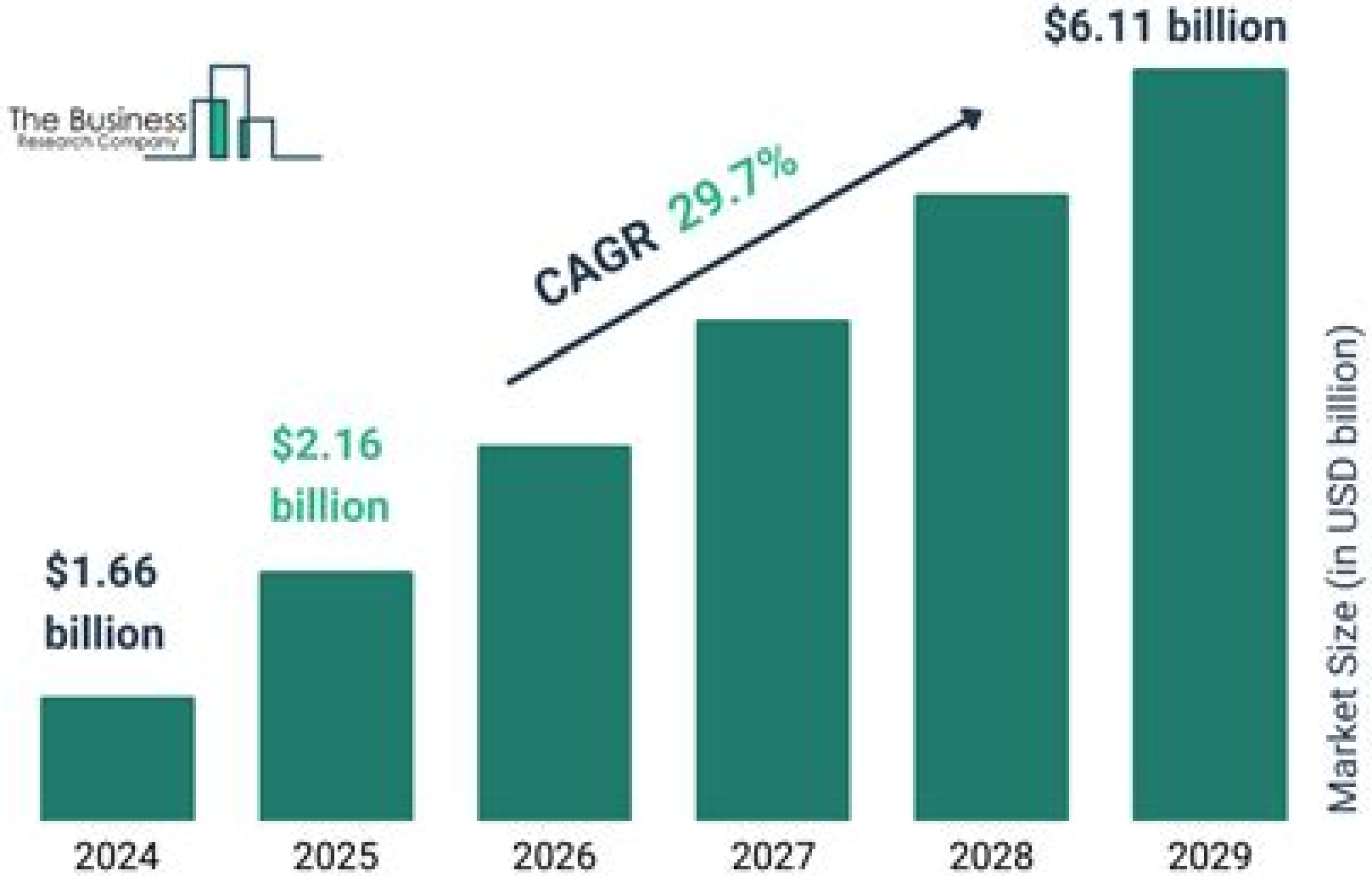

Mindfulness Meditation Global Trend

Ying Liu

Mindfulness Meditation Global Trend:

Eastspirit: Transnational Spirituality and Religious Circulation in East and West Jørn Borup,Marianne Qvortrup Fibiger,2017-08-28 Mindfulness yoga Tantra Zen martial arts karma feng shui Ayurveda Eastern ideas and practices associated with Asian religions and spirituality have been accommodated to a global setting as both a spiritual religious and a broader cultural phenomenon Eastern spirituality is present in organized religions the spiritual New Age market arts literature media therapy and health care but also in public institutions such as schools and prisons Eastspirit Transnational Spirituality and Religious Circulation in East and West describes and analyses such concepts practices and traditions in their new Western and global contexts as well as in their transformed expressions and reappropriations in religious traditions and individualized spiritualities back in the East within the framework of mutual interaction and circulation regionally and globally Psychology of Women, Work and Well-being Manju Mishra,2023-01-01 Psychology of Women Work and Well being is an edited volume with contributions from eminent academicians and professionals The book aims to present a comprehensive review of the complexities associated with the well being of women in the workplace Recent research has shown that despite having significant success in the workplace women s well being has rapidly decreased Working women face a variety of biases and barriers Problems like workplace discrimination gender stereotypes workplace sexual harassment the gender pay gap and the glass ceiling effect are some of the main gendered issues that deteriorate their well being and this volume deals with them and their nuances The well being of working women across different professions i e women in cinema women in leadership and women in the construction industry has been explored in the chapters The volume also covers the techniques to enhance the well being of working women such as mindfulness social relationship and resilience It covers different aspects of working women s well being and provides significant ideas evidence and related data This volume aims to understand and enhance working women s well being in all sections of society The volume is of interest to the researchers and readers of psychology sociology gender studies and other disciplines **Escape the Stress** Vivienne M. Fairchild,2024-12-12 Embrace Serenity Discover a World of Tranquil Escapes Ready to trade chaos for calm Dive into a world where stress slips away and serenity takes its place Escape the Stress Wellness Retreats for a Calmer Life offers a journey to tranquility guiding you toward the perfect sanctuary where your soul can breathe and recharge Delve into captivating escapes that promise rejuvenation through nature mindfulness and beyond Imagine verdant forests and mountain air loosening stress s grip or the profound peace found in silent meditation retreats Whether it s the rhythmic flow of yoga the soothing touch of spa therapies or the digital detox you desperately crave each chapter unveils a haven crafted for healing Ignite your desire to transform not just your environment but also your lifestyle From exhilarating adventure retreats that reignite your spirit to culinary journeys that nourish the body and the soul this guidebook illuminates myriad paths to wellness tailored to your unique tastes and needs Rediscover joy with loved ones in family retreats embrace intimacy with

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Tongues of Fire Josh Brahinsky,2026-03-05 Shows how speaking in tongues fuses spiritual ecstasy with political energy reshaping faith identity and public life

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