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Hardcover – March 27,  
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2012 by Tim Ryan  
(Author)

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job of telling why mindfulness and how mindfulness can help people in many areas of their lives, thus also helping the entire country.

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Both inspiring and pragmatic, A Mindful Nation shows how the benefits of mindfulness apply to the current

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challenges that affect each of us in our own lives and in our communities, and thus have implications for our society as a whole. With a hard-nosed understanding of politics, government budgets, and what it takes to get something done, Ryan connects a practical approach - lead with the science, show the savings and show how this can help us educate our children



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kind, seeking to  
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concerns in the areas  
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the workplace and the  
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**report | The  
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Initiative**

Try any simple moves—jumping jacks, stretching—and concentrate on matching the rhythm of your breath to your movement. By moving rhythmically, your brain activity, heart rate, and nervous system begin to align and stabilize. 3. Settle into a rhythm (10 to 15 minutes).

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these trying times,  
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view of our country's  
future--and a roadmap

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...

Congressman Ryan is  
the author of A Mindful  
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American Spirit (Hay  
Us Reduce Stress  
House, 2012) and has  
a daily mindfulness  
meditation practice.

**Tim Ryan, Advisory  
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Tim Ryan  
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Congressman Tim Ryan writes book on mindfulness The book—A Mindful Nation: How a simple practice can help us reduce stress, improve performance and recapture the American spirit—is slated to come out in March.

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