



## Joy s Edge: Transforming Your Life Through Mindfulness, Wisdom, and Compassion (Paperback)

By Robin King

AUTHORHOUSE, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.In Joy s Edge, Robin King shares personal reflections along with hands-on exercises to support readers in finding and walking an authentic path of personal and spiritual growth. Her writings emphasize the practical value of wisdom from Western medicine, martial arts, yoga, and Eastern philosophy. She provides a framework for developing mindfulness, wisdom, and compassion that emphasizes working with your edges--the places on the margins of your comfort zone. Her framework supports a personal spiritual practice of any faith or non-faith, and guides readers towards deepening peace, authenticity, and joy. Readers of this book will learn how to: - Discover greater ease in daily life by developing mindfulness, acceptance, and compassion. - Employ wisdom as a guide to identify their authentic path of personal power and transformation. - Realize the beauty, peace, and joy that arise when they are living from their truth.



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