

Mindfulness, Meditation, and Mind Fitness

author: Joel Levey, Michelle Levey

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Synopsis

author	Joel Levey,	Michelle
readBy	Joel Levey,	Michelle
inLanguage	english	

"You hold in your hand a precious jewel, a treasure with the power to transform your life and to heal the world." - Joan Borysenko, from the Foreword

This audiobook, originally published in hardcover as *Simple Meditation and Relaxation* and then in paperback as *Luminous Mind*, has endorsements from Ram Dass, His Holiness the Dalai Lama, Jon Kabat-Zinn, C. Norm Shealy, Dr. Elmer Green, Dr. Larry Dossey, Dan Goleman, and more - in other words a who's who of experts on mindfulness, relaxation, stress reduction, and healing.

The audiobook teaches five different meditation techniques, with nearly a dozen practices in each, making it a very comprehensive, yet easy to follow, resource. The five types of meditation are:

- Concentration Meditation
- Mindfulness Meditation
- Reflective Meditation
- Creative Meditation
- Heart-Centered Meditation

This is the audiobook for the complete beginner and the long-time meditator who may be stuck or out of practice. This is an audiobook for the stressed-out mom, the father recovering from a heart attack, the sister with the high-stress job, the couple who can't seem to spend any time together, and virtually anyone else.

Reader's comments

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