



Sitting Still: An Encounter with Christian Zen

Patricia Hart Clifford

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More than just a day-by-day account of the author's retreat, this book offers valuable insights for anyone beginning to meditate. Clifford shows how the boredom, anxiety, physical discomforts, and distractions that so often discourage the beginner are actually a critical part of the meditative journey. And she shows how to bring the insights and practices into one's everyday life.

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