



Meditation in a New York Minute: Super Calm for the Super Busy

Mark Thornton

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Executive meditation coach Mark Thornton writes about a revolution?finding your deepest heart in everyday moments. In *Meditation in a New York Minute*, Thornton demystifies meditation and makes it accessible to all. He presents his complete program for enjoying the many benefits of meditation?stress reduction, energy, intense mental clarity?in a New York minute.

"If your life is moving at warp speed," begins Thornton, "more than ever you need to create calm quickly and profoundly." *Meditation in a New York Minute* will teach even the busiest readers:

- How to get an hour of refreshing meditation into your day?without adding a thing to your schedule
- Nineteen powerful techniques from the world's wisdom traditions, distilled into "micro-doses" you can use between meetings, while commuting, in the shower?whenever you have a free moment
- The Eight Laws of Super Calm and the Eight Golden Keys for flipping on compassion and insight in any situation
- The 11 Thieves along the path of meditation, and how to dodge them

"You can be super busy, super successful, and super calm at the same time, " assures Mark Thornton. With *Meditation in a New York Minute*, the rewards of this centuries-old inner art are finally available to everyone on the go.

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