



The Power of Meow

By David Michie

Hay House UK Ltd. Paperback. Book Condition: new. BRAND NEW, The Power of Meow, David Michie, Take a peek inside the mind of a delightfully imperfect creature on the path to enlightenment. In the latest installment of the Dalai Lama's Cat series, readers escape to the enchanting and exotic world of the Dalai Lama's monastery in the Himalayas. His Holiness' Cat (HHC) is on a mission: to think less, to experience more, to live in the moment. She soon learns the proper phrase for this: being mindful, or, a concept better known to her as the power of meow. What ensues is a journey to discover her own true nature, to gain a deeper understanding of her mind and to experience life's greatest joy - the here and now. By accompanying HHC on her journey, you will learn new ways to relate to your own mind: slowing down, finding peace and abiding in the boundless radiance and benevolence that is your own true nature.



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Reviews

The book is great and fantastic. Better then never, though i am quite late in start reading this one. I realized this publication from my dad and i advised this ebook to find out.

-- **Dr. Blair Mann**

It in a single of my favorite publication. I have read and so i am sure that i will likely to study again once again down the road. I am delighted to let you know that this is basically the greatest publication we have read inside my own life and might be he best pdf for possibly.

-- **Maria Morar**