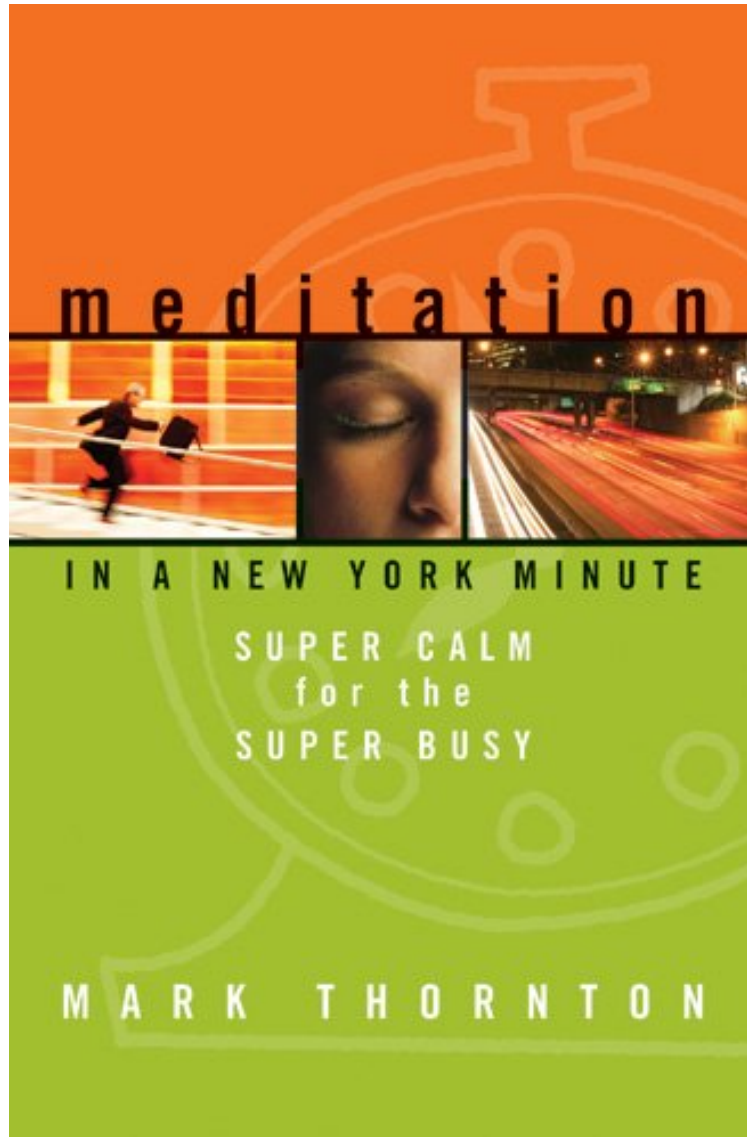


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## Meditation in a New York Minute: Super Calm for the Super Busy

Mark Thornton

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**Mark Thornton : Meditation in a New York Minute: Super Calm for the Super Busy** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Meditation in a New York Minute: Super Calm for the Super Busy:

0 of 0 people found the following review helpful. A great concept with only above average execution. By BlackJackFirst of all I want to say that I absolutely love the concept of this book. As someone who has done meditation fairly consistently over the last two years I will be the first to say that some days it is truly hard to sit down and find the time to meditate without distraction or scheduling problems. So the idea of being able to get in my

meditation time on the go sounded like an absolute blessing. I mean, who doesn't want to kill two birds with one stone and gain all the benefits at the same time. So to say that I looked forward to reading this book was an understatement. Sooo....it bums me to say that while some / most of the exercises in this book are definitely of value I found the book itself to be extremely (even irritatingly so) DRY. The author seems like a cool guy and all but he really needed someone to help him liven up the text because it seriously bored me to tears. The few personal anecdotes he does add really don't seem that relevant and seemed to leave me hanging like when a friend abruptly ends an engaging story only to leave you saying "and then what happened?" Except your friend doesn't end up telling you the ending. That pretty much sums up this book. Maybe that's my fault since this author was just trying to get the reader the information quickly and concisely. I mean, the book does have the words IN A NEW YORK MINUTE written on the title but at the same time when I pay for a book I want more than just bullet point presentation and un-engaging personal stories. 1 of 1 people found the following review helpful. **\*\*A MUST READ\*\***By Gustavo A. SalasI've studied the Law of Attraction, Eastern Philosophy, Greek Philosophy, Quantum Physics and many other topics for six years now- With the amount of information taken in, I felt like a mad man for so many years and this book takes everything I knew and simplifies it to the simplest form of words to understand. This book pin-points where creativity arises from and how to find it, along with how to stay calm in the busiest of moments. The techniques in this book are full of richness and I recommend it to anyone with high anxiety haha or anyone learning for a new to way live! 0 of 0 people found the following review helpful. Meditation PossibleBy FUNNYBONEI never thought meditation was possible in our super busy life. This book was recommended by the director of the psychiatrist department (Kaiser Permanente, CA). With skepticism, I purchased the book and read it through. Well, I am convinced that meditation is possible; by starting from baby steps to extended amount of time. There is no religious doctrine in the book, love it.