



May I Sit with You?: A Simple Approach to Meditation

Tom Catton

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For anyone interested in greater physical and mental health, increased mental clarity, and reduced stress, follow Tom Catton as he takes you step-by-step through mindfulness techniques that yield endless benefits by improving mind-body-spirit consciousness.

He shares his insights, developed over four decades, in an inviting and accessible narrative. Now you, like generations of people around the world, can find a more balanced life with greater peace, harmony, and enjoyment through these meditative practices.

Tom Catton has been in recovery since 1971. His story appears in a twelve-step fellowship recovery book with more than seven million copies in circulation around the world, and he has been taking twelve-step meetings into Hawaii's prison system since 1984. He is also a retired marathon runner. Tom is trained in Tibetan singing bowl therapy and healing. He is on the advisory board of the Buddhist Recovery Network and teaches a meditation group in Hawaii.

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