

Living With The Mind of Christ: Mindfulness and Christian Spirituality

Stefan Reynolds



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Living With The Mind of Christ: Mindfulness and Christian Spirituality Stefan Reynolds Through the teachings of Jesus, and Christian mystics such as St Augustine and Meister Eckhart, Stefan Gillow Reynolds demonstrates that the practice of Mindfulness leading to silent meditation, recommended by many therapists, is not a modern fad but has always had a place within contemplative Christianity.

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