

THE POWER OF ATTENTION

Awaken to Love and Its Unlimited Potential
with Meditation

SARAH MCLEAN

**Meditations and mindfulness techniques to live
a more successful and fulfilling life.**

DESCRIPTION

Freely given, gentle attention is the most powerful expression of love, and every living being responds to it. What you direct your attention towards, you enliven, nourish and encourage to thrive. Unfortunately, we live in a culture of competing interests and distractions. Unless we regain control of how and to whom we direct this powerful currency, our connection with the people and causes we care most deeply about will continue to suffer. When you're in command of your attention, you are attuned to the field of love underlying the energy of the universe.

As you become practiced in the art of training your attention, and connecting with the source of it, you reclaim the power to purposefully live your life. You no longer experience life as something that is happening *to* you; instead, life is happening *for* you.

The Power of Attention will teach you how to direct your attention towards those aspects of yourself and your life that you most want to flourish, expand and thrive. Each chapter offers modern practical ways of applying the timeless practices of meditation and mindfulness. You'll learn to become more intimately connected to yourself, to honour your feelings and desires, and to express your unique talents and gifts in the world.

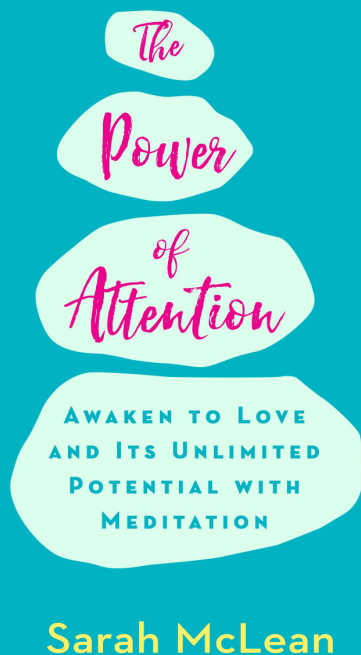
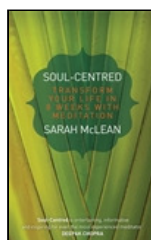
SALES AND MARKETING

- Author blends mindfulness, meditation, self-empowerment and manifestation - all topics that are becoming increasingly mainstream.
- Sarah McLean is an internationally recognized expert with decades of professional experience and personal practice in meditation.
- Author has broad connections in the MBS field, including Deepak Chopra, Gregg Braden, Colette Baron-Reid, Janet Atwood, Arielle Ford and the 200+ teachers who have graduated from her Meditation Teacher Academy.
- Author has written articles for and been featured in a variety of magazines and newspapers, including *Women's Fitness* (UK), *The New York Times* and *The Huffington Post*.
- Author has international workshops and retreats planned in Ireland and England in autumn 2017.

AUTHOR BIOG

Sarah McLean has been meditating and teaching meditation for over three decades. She has developed and led programmes for the Chopra Center, Miraval, the Sanctuary and Mii amo Spa, and is the author of *Soul-Centred: Transform Your Life in 8 Weeks with Meditation*. www.mcleanmeditation.com

OTHER TITLES



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