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Quiet Mind: One-Minute Retreats from a Busy World by David Kundtz is divided into fourteen one- or two-paged chapters. Each story reflects on matters of balance, peace of mind, letting go, time outs, and acceptance; all of them giving the reader insights into living a more meaningful life.

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Quiet Mind: One-Minute Retreats from a Busy World “There is no class of person more moved by hate than a motorist.” C.R. Hewitt, n our attempts to be still, often our internal chatter does not stop but goes on nattering away, and we are often stymied in our efforts to thwart it. Can you really stop everything? Is it possible literally to do nothing?

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Quiet Mind by David Kundtz offers approximately 180 short reflections for the reader. Focused around the idea of finding quiet and peace in our crazy lives, the author approaches a wide range of topics from death to road rage to the arts to walking, all in two short pages a piece.

Quiet Mind: One Minute Mindfulness (For Readers of

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