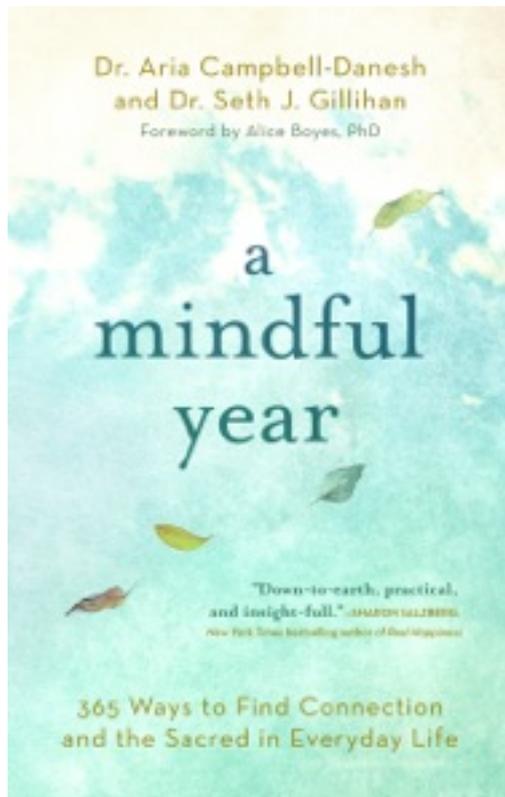


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It's so easy to get caught up in the flood of everyday, to become disconnected from the things that really make us *us*—to get lost. Thankfully, simply being open and attentive to the present moment can help us find a sense of space and ease and get back on the right track. With *A Mindful Year* as your guide, reconnect with what matters most.

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