



Mindfulness in Action: A Hands-On Guide to Creating Peace Amidst the Chaos

Sharon Sayler

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These days it is so easy to go about the day distracted. It seems as if being unaware of our surroundings is the new norm during the turmoil of current events. In her new bestseller, *Mindfulness in Action: A Hands-On Guide to Creating Peace Amidst the Chaos*, Sharon Sayler shares, “Mindfulness involves active awareness throughout the day. Active awareness is the simple everyday practice it takes to stay cognizant, aware and conscious. An active awareness mindset isn’t about believing, it’s about Being. It is the enjoyment of all that life has to offer. Through each passing moment of time, either consciously or unconsciously, we change. We get to choose with each moment to be a new, more powerful being, ready to do greater things in the world.”

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