

[PDF] A Mindful Nation: How A Simple Practice Can Help Us Reduce Stress, Improve Performance, And Recapture The American Spirit

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Description:

Review *"Inspiring! An important book. If more politicians can follow in Congressman Ryan's lead and look to harness the power of mindfulness, then the future of this country will be bright."*

— **Russell Simmons**, CEO, Rush Communications

About the Author

Tim Ryan was elected to the U.S. House of Representatives in 2002 and is currently serving in his sixth term representing Ohio's 13th Congressional District. He maintains a strong commitment to the economic and social well-being of his constituents in northeast Ohio. Congressman Ryan has a daily mindfulness meditation practice and has been an outspoken advocate for promoting mindfulness as an aid to dealing with the variety of complex problems facing the nation.

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