



Seeking Silence in a Noisy World: The Art of Mindful Solitude (Mindfulness)

Adam Ford

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Seeking Silence in a Noisy World explores our existential search for mindful solitude. It examines the creative power of silence as a source of inner strength and self-knowledge and shows us how we can all find moments of soothing peace to nourish our spirits in an increasing chaotic world.

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