



# **Awakened Mind: One-Minute Wake Up Calls to a Bold and Mindful Life**

*David Kundtz*

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Following on the success of *Quiet Mind*, *Awakened Mind* is David Kundtz's newest book of meditations for living effectively and mindfully in a busy world. As the Navajo proverb says, "When we are pretending to be asleep, no one can awaken us." We must stop the pretending and "awaken" ourselves. The book contains more than a hundred reflections on life, gratitude, creativity, diversity, and spirituality, each with an inspiring quotation and an idea for putting that meditation to use in daily life.

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