


Einstein and the Art of Mindful Cycling: Achieving Balance in the Modern World (Mindfulness)

By Ben Irvine

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Einstein and the Art of Mindful Cycling shines new light onto one of the great scientific icons, and explores how pushing that pedal can nurture mindfulness in a spiritually stressful age. The author steers us through his own perspective on cycling - weaving the philosophical, practical and personal into an elegant balance. Add in a sprinkling of meditative insights, and we can all learn how to experience Einstein's enlightened outlook on life through the simple joy of riding a bicycle.

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