



# A Restful Mind: Daily Meditations for Enhancing Mental Health (Hazelden Meditations)

*By Mark Allen Zabawa*

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## A Restful Mind: Daily Meditations for Enhancing Mental Health (Hazelden Meditations) By Mark Allen Zabawa

The only meditation book designed to provide inspiration, support, and focus for those living with mental health problems.

With A Restful Mind, Mark Allen Zabawa offers the first book designed to provide inspiration and support specifically for people living with mental health problems. A year of daily readings address the common life issues that arise for those with mental health problems and help those dealing with a disorder start or end each day more at peace with themselves and the world. By focusing thinking on positive, health-enhancing messages and presenting the kind of empathetic support that fellow contenders of emotional distress can offer, these meditations help you achieve the mental rest and self-acceptance needed for a balanced, healthy mind and peaceful life.

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**A Restful Mind: Daily Meditations for Enhancing Mental Health (Hazelden Meditations)** By Mark Allen Zabawa **Bibliography**

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### **Editorial Review**

#### **About the Author**

Mark Allen Zabawa is a counselor and patient monitor for a large hospital. He suffers from bipolar disorder and has led dozens of support groups for those with mental health problems. He is the author of Living with Chronic Pain One Day at a Time. Zabawa lives in Minneapolis, Minnesota.

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