



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

By Mark Allen Zabawa

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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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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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