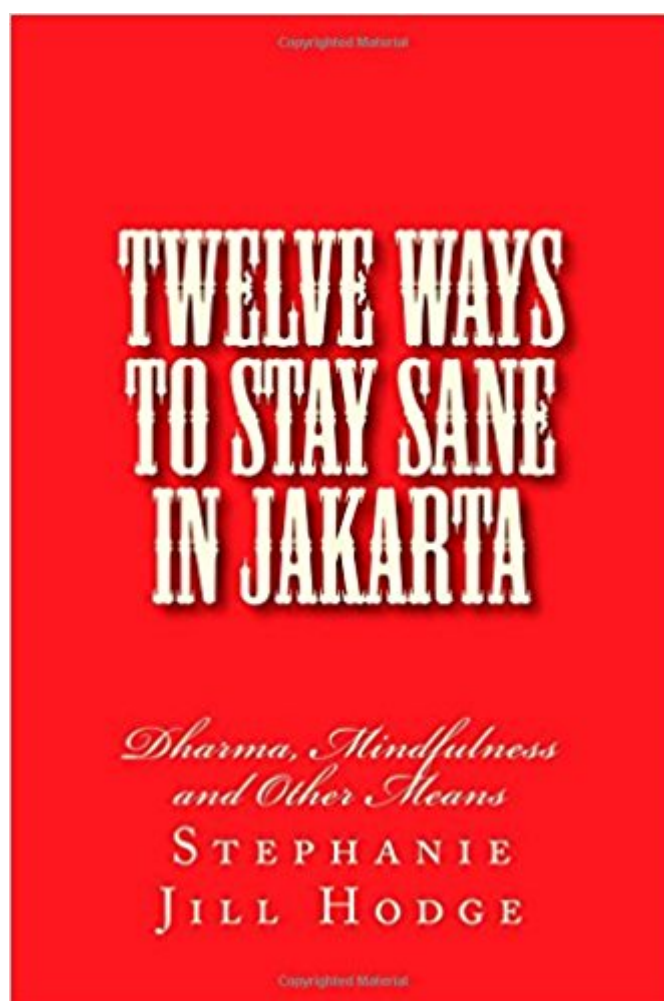


The book was found

Twelve Ways To Stay Sane In Jakarta: Dharma, Mindfulness And Other Means (Running In Africa) (Volume 2)



Synopsis

With a traveler's heart and a fighting spirit, the author of this book takes an abrupt change of direction from a teaching position in rural Africa to a UN job as Education officer in Jakarta, Indonesia. The results, withstanding many complications including a terrible kidnapping episode is a woman who develops mindfulness practice and ways of knowing amidst much turmoil in her own mind and around her. This is an inspiring read.

Book Information

Series: Running in Africa

Paperback: 108 pages

Publisher: CreateSpace Independent Publishing Platform (August 15, 2014)

Language: English

ISBN-10: 1500881821

ISBN-13: 978-1500881825

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 7.7 ounces

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #11,593,752 in Books (See Top 100 in Books) #60 in Books > Travel > Asia > Indonesia > Jakarta #4301 in Books > Travel > Asia > India > General

Customer Reviews

Stephanie Hodge from Newfoundland, Canada lives in New York and works at the UN. --This text refers to an out of print or unavailable edition of this title.

I tried to create framework to enable readers into my headto see from my eyes and experience living in a cultural fishbowl under constant stress and survive ..

[Download to continue reading...](#)

Twelve Ways to Stay Sane in Jakarta: Dharma, Mindfulness and Other Means (Running in Africa) (Volume 2) Dharma and Dhamma: An Overview of Dharma and Dhamma, and How to Apply them in Daily Life (includes Moksha, the Four Noble Truths, the Eightfold Path, and Nibanna) Naked at Work (And Other Fears): How to Stay Sane When Your Job Drives you Crazy Mindfulness: Mindfulness for Beginners: How to Live in The Present, Stress and Anxiety Free (FREE Bonus Gift Included) (Mindfulness, Meditation, Buddhism, Zen) My Running Journal: Bubble Man Running, 6 x

[FAQ & Help](#)