



# Mindful Moments Volume 1: The Inner Work That Will Rock Your Outer World

*A. Drayton Boylston*

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**Mindful Moments Volume 1: The Inner Work That Will Rock Your Outer World** A. Drayton Boylston  
After the humbling worldwide success of his two previous bestselling daily journals, *A Whisper From Your Soul* and *More Whispers From Your Soul*, Drayton has created an inspiring daily journal focused on helping individuals embrace a mindful life.

These daily *Mindful Moments* provide inspiration, increased levels of mindful self-awareness, and ultimately, more peace. As you soak in these beautiful quotes, chronicle your *Mindful Moments* from your day, and move into sleep with a powerful thought to ponder, this experience will bring profound richness into your life.

Drayton's books have been used in seminary curricula, prison training programs, and within many large organizations. From the Catholic Bishop who consults the *Whispers* each morning before he starts his day, to the executive who credits *Coming UnScrooged*<sup>™</sup> for making a profound impact on his life, the books he has created can truly be transformational.

Steeped in strong mindfulness and neuroscience based practices, *Mindful Moments* will help anyone start down the path of a mindful life. For seasoned individuals who already embrace the fundamentals of mindfulness, this book will help deepen their practice.

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