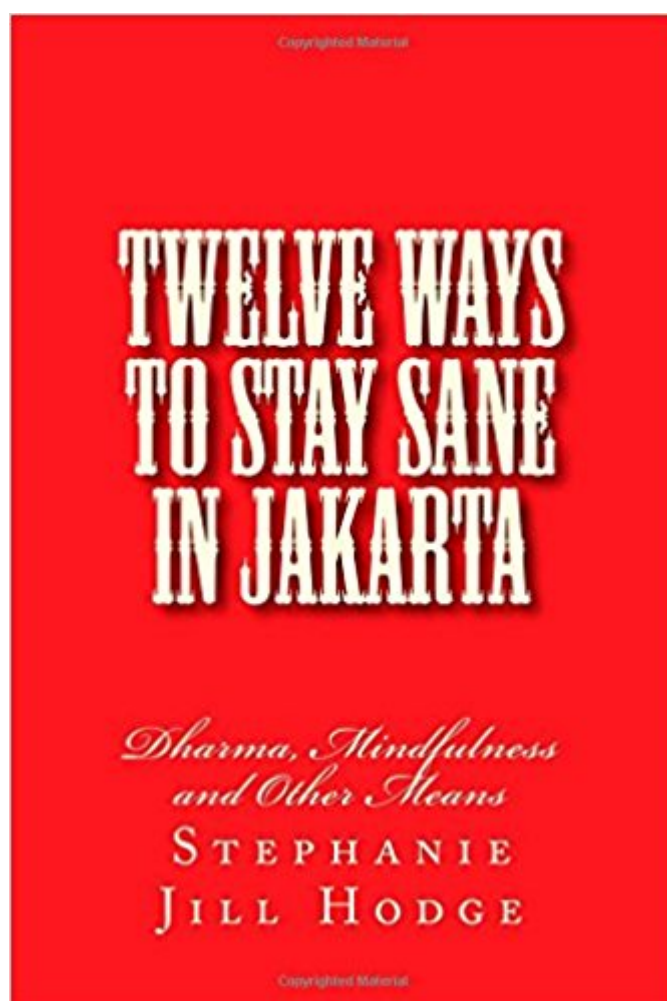


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Twelve Ways To Stay Sane In Jakarta: Dharma, Mindfulness And Other Means (Running In Africa) (Volume 2)



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

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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 ..

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