


## 20-Minute Retreats: Revive Your Spirit in Just Minutes a Day with Simple, Self-Led Practices


By Rachel Harris



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This collection of step-by-step practices from ancient cultures, world religions, and psychological disciplines provides readers with the self-renewing, spiritually, uplifting rewards of retreat anytime, anywhere. We all crave periods of silence and introspection, but with lives lived at an ever-increasing pace most of us find fewer opportunities to fill that need. Now, psychologist Rachel Harris has come to the rescue with this unique collection of 20-, 5- and 1-minute mini-retreats—short periods of meditation, contemplation or self-discovery drawn from traditions and practices as varied as Buddhism, the Quaker faith, Sufism, art therapy, ritual magic, Gestalt therapy, and Jungian dream analysis. Provocative sidebars, stimulating quotes, and touching first-person stories make this book as inviting to read as it is practical to use. With these brief retreats, readers of any age or occupation will be able to catch their emotional breath regardless of what is happening in life, to pause to listen to the sounds of their souls, and to reemerge balanced and refreshed.

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### Editorial Review

#### Amazon.com Review

What can you accomplish in a few minutes? Eat a meal, fold laundry, talk on the phone--or refresh your spirit. Just 20 minutes a day is all it takes to retreat in tranquility and reconnect with your soul, according to Dr. Rachel Harris, a practicing psychotherapist and associate of Big Sur's (often celebrity-studded) Esalen Institute. "In our fast-paced lives, we desperately need retreats to regain our perspective, help us balance our inner and outer lives--a retreat gives us a chance to just say no to incessant stress and time pressure...." she writes.

Incorporating into her book the wisdom of multiple world religions and spiritual masters from Buddhism to Jung, Harris offers a variety of flexible approaches to finding that quiet place. She provides practical advice about finding the right retreat setting, as well as the appropriate tools to enhance the experience. Organized around 12 universal themes--faith, forgiveness, gratitude, healing, intuition, joy, love, patience, peace, relaxation, self-acceptance, and self-care--each chapter provides step-by-step instructions on structuring a self-led retreat to fit one's personal needs. Because "a retreat can be anything that allows us to intentionally enter another world," Harris advocates such varied practices as expressive drawing, journal writing, and dance as well as centered prayer, ritual magic, and music. Liberally scattered throughout the guide are personal observations and intriguing case histories drawn from Harris's 30 years as a practicing psychoanalyst.

Recognizing that setting aside even a small amount of time each day can be a challenge, Harris also includes suggestions on how to "retreat" for just one to five minutes at a time. What's a one-minute retreat like? Look at babies, she suggests--gazing into one's eyes will make you feel instantly joyful. *-Marianne Painter*

#### Review

"An elegant blend of ancient wisdom and modern psychology..." -- *Daniel Gottlieb, Ph.D., family therapist, host of Voices in the Family, columnist for The Philadelphia Inquirer*

#### About the Author

**Rachel Harris, Ph.D.**, is a psychologist who has a private practice in Princeton, New Jersey, and has led national and international workshops for thirty years. She is co- author of the bestselling *Children Learn What They Live*.

### Users Review

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#### Brandy Hagaman:

This 20-Minute Retreats: Revive Your Spirit in Just Minutes a Day with Simple, Self-Led Practices are reliable for you who want to certainly be a successful person, why. The key reason why of this 20-Minute Retreats: Revive Your Spirit in Just Minutes a Day with Simple, Self-Led Practices can be among the great books you must have will be giving you more than just simple reading food but feed anyone with information that perhaps will shock your preceding knowledge. This book will be handy, you can bring it

almost everywhere and whenever your conditions in the e-book and printed versions. Beside that this 20-Minute Retreats: Revive Your Spirit in Just Minutes a Day with Simple, Self-Led Practices forcing you to have an enormous of experience for example rich vocabulary, giving you test of critical thinking that we all know it useful in your day exercise. So , let's have it and enjoy reading.

#### **Valerie Israel:**

Reading a reserve tends to be new life style in this era globalization. With reading you can get a lot of information that will give you benefit in your life. With book everyone in this world can certainly share their idea. Publications can also inspire a lot of people. Lots of author can inspire their reader with their story or even their experience. Not only the storyplot that share in the publications. But also they write about the data about something that you need illustration. How to get the good score toefl, or how to teach your young ones, there are many kinds of book that exist now. The authors nowadays always try to improve their skill in writing, they also doing some analysis before they write for their book. One of them is this 20-Minute Retreats: Revive Your Spirit in Just Minutes a Day with Simple, Self-Led Practices.

#### **Kirk Fonseca:**

Reading can called brain hangout, why? Because while you are reading a book mainly book entitled 20-Minute Retreats: Revive Your Spirit in Just Minutes a Day with Simple, Self-Led Practices your brain will drift away trough every dimension, wandering in every aspect that maybe unfamiliar for but surely will become your mind friends. Imaging every word written in a reserve then become one type conclusion and explanation that will maybe you never get prior to. The 20-Minute Retreats: Revive Your Spirit in Just Minutes a Day with Simple, Self-Led Practices giving you an additional experience more than blown away your thoughts but also giving you useful details for your better life with this era. So now let us present to you the relaxing pattern here is your body and mind will be pleased when you are finished reading through it, like winning a sport. Do you want to try this extraordinary shelling out spare time activity?

#### **Charles Bryce:**

Within this era which is the greater person or who has ability in doing something more are more valuable than other. Do you want to become certainly one of it? It is just simple method to have that. What you need to do is just spending your time not very much but quite enough to get a look at some books. Among the books in the top collection in your reading list is usually 20-Minute Retreats: Revive Your Spirit in Just Minutes a Day with Simple, Self-Led Practices. This book and that is qualified as The Hungry Mountains can get you closer in turning out to be precious person. By looking right up and review this book you can get many advantages.

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