



Taming the Drunken Monkey: The Path to Mindfulness, Meditation, and Increased Concentration

By William L. Mikulas Mikulas

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In today's busy world, the mind can often behave like a drunken monkey?stressed, scattered, and out of control. Instead of falling victim to frustration and anxiety, learn to be calm, focused, and free of unwanted thoughts with this easy-to-use guide to mindfulness.

Drawing from Western and Eastern psychology, health systems, and wisdom traditions, *Taming the Drunken Monkey* provides comprehensive instruction for developing and improving three basic behaviors of the mind: concentration, awareness, and flexibility. Discover the power of breathwork exercises based on yogic pranayama, Chinese medicine, and Western respiratory science. Apply meditation and other mindfulness practices to your life for newfound focus, creativity, body awareness, and spiritual awakening. As you progress from novice to master, you'll effectively enhance the health of your mind, body, and spirit.

Praise:

“A wonderful addition to our understanding of the mind and the unfolding journey of discovery.”?Joseph Goldstein, author of *Mindfulness: A Practical Guide to Awakening*

“In fluid and engaging prose, William Mikulas has written a book that provides a wise and delightful guide to living a mindful life . . . a helpful, systematic and very practical guide that presents numerous insights and exercises for personal transformation.”?Nirbhay N. Singh, editor of *Mindfulness* journal

“This book is brimming with wise and compassionate council for everyone from beginner to advanced practitioner . . . Whether you are interested in quieting your mind, increasing awareness, reducing attachments or opening the heart, you will find just what you need as you continue on your path towards awakening.”?Michael Brant DeMaria, PhD, clinical psychologist and author of *Ever Flowing On*

“This is, undoubtedly, one of the best mind training manuals that has ever been written . . . It is a must read book.”?Sompoch Iamsupasit, PhD, professor at Chulalongkorn University in Bangkok

“For everybody who wants to be aware and mindful, attentive and concentrated . . . Bill Mikulas' book is wholeheartedly recommended.”?G.T. Maurits Kwee, PhD, founder of the Institute for Relational Buddhism & Karma Transformation

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Editorial Review

About the Author

William L. Mikulas, PhD (Pensacola, Florida) is the author of numerous books and articles on interfacing Western psychology and Eastern wisdom and health traditions. He has been a college professor for 40 years, during which he earned many awards for teaching, research, and service, and became Professor Emeritus in 2009. Mikulas has also done lectures, interviews, and workshops around the world on Buddhist and Western psychology.

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