



Mindfulness and the Art of Urban Living: Discovering the good life in the city

Adam Ford

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Over half the world's population already live in cities, and the proportion is rising all the time. Yet we continue to associate the apparently limitless urban jungle with an assault on our senses - a rush made up of noise, light, pollution and people so numerous that they become anonymous cogs in the city machine.

Is it possible to take a different view? In 'Mindfulness and the Art of Urban Living', Adam Ford takes the reader on a mindful journey through the city, absorbing the historical, cultural and philosophical realities of universal urban life, and offering his personal experiences and insights alongside meditative practices to change our view of urban living. Exploring hidden highlights from community projects to urban wildlife, Ford shows how the workings of the city machine can form a rich and vibrant backdrop to every town-dweller's individual adventure.

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