



# **Quiet Mind: One Minute Retreats from a Busy World**

*David Kundtz*

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## **Quiet Mind: One Minute Retreats from a Busy World** David Kundtz

David Kundtz offers a soothing and experienced hand to readers in desperate need of a break. These reflections invite you to do nothing, but offer the reader purpose, meaning and value in order to become more fully awake and to remember who you are.

## **Quiet Mind: One Minute Retreats from a Busy World Details**

Date : Published January 1st 2003 by Conari Press

ISBN : 0824297248620

Author : David Kundtz

Format : Paperback 370 pages

Genre : Self Help, Spirituality, Nonfiction



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## **From Reader Review Quiet Mind: One Minute Retreats from a Busy World for online ebook**

### **Cheryle Fisher says**

I read each day as I was eating breakfast and taking a few moments each morning to reflect on the topic of the day.

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### **Kristin says**

I'm keeping this my bed as a reminder to chill out.

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### **BELIEVESINMIRACLES says**

One fantastic book, I really enjoyed it. Each chapter was a very short page and a half with a daily thought on various topics such as trust, boundaries, joy, sadness, acceptance, happiness, effort, letting go, respite, time outs, etc.

I could not recommend it more highly ! A++++++

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### **Patricia says**

Often times my mind is in a blur. It was during one of those times when we were in the Chautauqua Institution Book Store that my BFF pulled this book off the shelf and said, "maybe you wold enjoy this." "Humm" I said and added to my purchases for the day.

For the next few weeks I ignored the book...just one more in my leaning bedside stack. Then one day I picked it up and read the first few pages. "This is what I need," I thought and carried it with me as I left the house for my morning swim. After my swim, I sat in my car enjoying my iced tea and read the first page and a half long One minute retreat that begins with a quote and ends with a challenge to think about for the rest of the day. It was such an enjoyable moment, that I made it my daily routine. When I got to the end of the book, I started over again from the beginning. I keep this book in the passenger seat door pocket of my car and pull it out when stuck in traffic or have to wait for some reason. Instead of pounding the steering wheel or silently cussing, I turn to my car's library and enjoy the gift of unplanned reading time.

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### **Denise Foppiano says**

Not at Arlington library

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### **Jean says**

I found many of these daily stories/ events to be particularly insightful and relevant to my daily living. Excellent book for daily meditation.

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### **Green Heart Guidance says**

(refers to 2000 edition of the book) Quiet Mind by David Kundtz offers approximately 180 short reflections for the reader. Focused around the idea of finding quiet and peace in our crazy lives, the author approaches a wide range of topics from death to road rage to the arts to walking, all in two short pages a piece. The spirituality is non-denominational and refers to many different traditions throughout the book. I found most of the pieces (though not all) to be engaging and worth reading.

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### **Kayla Colyer says**

I liked reading all these little life retreats. It is a great reminder to be positive and to just take a look at the beautiful happenings around you right at this moment. You don't always have to be doing something to be living. I now have a better understanding of the difference between doing nothing and doing nothing with purpose and meaning. I will definitely put that to use in my daily life.

"Life just is. You have to flow with it. Give yourself to the moment. Let it happen." -Jerry Brown

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### **Patty Perrier says**

I like this book. I have taken a half hour or so ever morning for 30 years to read and reflect. This book is a nice one for reflective thought on living in the moment.

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### **Amy says**

Quiet Mind: One-Minute Retreats from a Busy World by David Kundtz is divided into fourteen one- or two-paged chapters. Each story reflects on matters of balance, peace of mind, letting go, time outs, and acceptance; all of them giving the reader insights into living a more meaningful life. When I first picked it up I was totally immersed in the messages:

"The trouble with the rat race is even if you win, you're still a rat."

"Less is more."

"Keep your face to the sunshine and you cannot see the shadow."

"The more simple we are, the more complete we become."

I was instantly pulled into the word “time famine” on the first few pages. It couldn’t be more true about the lives we lead nowadays. A world caught up in technology and connection with less depth and faster turnaround times. No wonder people are worried, stressed, and depressed!

This book wants to give you the permission to STOP. Not that you need it, but sometimes people need to be reminded that it’s okay to STOP. It’s okay to do nothing. It’s okay to slow down and quiet our minds so we can hit the “refresh” button and begin anew with a calm, fresh outlook.

I enjoyed most of the book; however, one can only read the same tone of voice with aphorisms for so long. I suggest reading this bit by bit instead of trying to devour it cover to cover in one sitting like yours truly.

My main message from these little retreats: you don’t always have to be doing something to be living.

This book is a great invitation for reflective thought and a reminder to CHILL OUT.

It gets four stars from me!

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### **Anita Zinn says**

11-1-12

Encouraging, bite size reminders, - to slow down - so we can hear our soul speak.

GUARDIAN ANGEL

Quote:

"I am the bird that flutters against your window in the morning,

and your closest friend, whom you can never know.....". ---Rolf Jacobsen (translated by Robert Bly)

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### **Rebecca says**

meditation book. gift from RE.

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### **Sue says**

I am really enjoying this book. It blends beautifully with yoga! Written very simply with interesting ideas

and questions. Thought provoking. Each 'idea' entry starts with a quote that relates to the reading. And he ends it by suggesting that you try or just think about something.

There are several ideas per chapter. I am limiting myself to one chapter a day, I think I will just keep reading it forever.

#### AN ADDITIONAL COMMENT:

it is now 1/24/2014 and I still read this book often. I keep it on my bedside table.

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#### **David Day says**

This 370-page non-fiction first-edition book was published in 2000 by Conari Press and it fits under the Book Bingo square "Sharing a Name". This book consists of short one- or two-paged chapters encouraging the reader to be still and meditate. Many quotes and anecdotes were included to convey the message that keeping quiet for just one moment makes a huge difference. This self-help book was written from a Christian standpoint and was meant to allow the reader to draw closer to God. The individual chapters are not hard to read since they are often humorous and are less than 500 words each. However, the book becomes increasingly repetitive with the same general idea of the goodness of setting aside time for rest and God. For people who are not appreciative of redundancy, this book would not be worthwhile to read. Therefore, it deserves a rating of three stars.

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