



# May I Sit with You?: A Simple Approach to Meditation

*Tom Catton*

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Meditation is a powerful reflective practice and mental discipline with roots in Southeast Asia and India. Practiced daily by millions of people, meditating is known to boost mental focus, improve awareness, and reduce stress. For anyone interested in greater physical and mental health, this step-by-step manual takes readers through mindfulness practices and techniques that yield endless benefits by improving mind-body-spirit consciousness.

In order to assist the reader in finding the right path, Tom Catton describes the myriad of meditative practices and disciplines practiced around the world, influencing generations of practitioners who have found a more balanced life consisting of greater peace, harmony, and overall enjoyment.

**Tom Catton** has been in recovery since 1971. His story appears in a twelve-step fellowship recovery book with more than seven million copies in circulation around the world, and he has been taking twelve-step meetings into Hawaii's prison system since 1984. He is also a retired marathon runner. Tom is trained in Tibetan singing bowl therapy and healing. He is on the advisory board of the Buddhist Recovery Network and teaches a meditation group in Hawaii. He is the author of *The Mindful Addict* (Central Recovery Press, 2010).

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