

What Has Dr. Shook Been Reading?

Meditation for Wimps

By Miriam Austin

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The “wimps” targeted in this book, are not “wimps” as in weaklings but rather “wimps” as in “I’m so stressed and overwhelmed by life’s responsibilities, worries and concerns that I just want to crawl back under the covers and “wimp out” on the yard, the gym, the office party ... ” According to Miriam Austin, by taking a few minutes to rest quietly, breathe and calm the mind, these “wimps” can bring tranquility and peace to their otherwise chaotic lives and minds.

Meditation for Wimps answers questions such as “What if I’m interrupted and have to stop?” “Can I meditate anywhere?” “What if I can’t stop thinking about stuff?” Also explained are terms such as Mindfulness, Mantra, Nirvana and OM.

This is a beginners guide to meditating, asking only that the reader find a comfortable place to sit or lie down so they might rest quietly, pay attention to their breathing and calm their mind. For the novice or flexibly challenged a collection of pillows, blankets and rolled towels are recommended for support of the joints, allowing for the body to relax in both seated and lying positions.

Miriam Austin explains how meditation is an important part of many spiritual and religious traditions and offers a brief discussion of Hinduism, Buddhism, Taoism, Judaism, Christianity and Islam. She goes on to explain that while meditation is an important aspect of these religious traditions, a more secular approach to meditation (not pertaining to a religion or a religious body) can help us address the challenges and problems we face in our everyday life.

I found this book to be sweet and easy to read with simple instructions and pictures of people looking relaxed and happy. Since reading it, I’ve found myself striving to breathe more and mutter less when driving in traffic or standing in line at the market

If you or someone you love is seeking a drug free approach to calming the mind, *Meditation for Wimps*, while not a substitute for medical care, might be a useful reading on the path to inner peace love and happiness.

Dr. Laura Shook is a chiropractor with an office located near downtown Wichita. She can be reached by phone at (316) 267-6522 or by E-mail to gooddlaura@sbcglobal.net