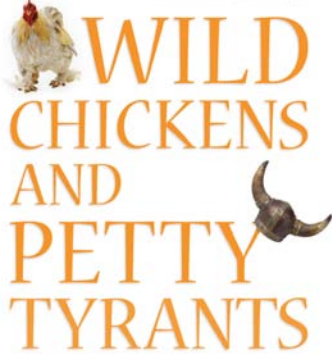




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108 METAPHORS FOR  
MINDFULNESS

ARNIE KOZAK, Ph.D.



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[ak@108metaphors.com](mailto:ak@108metaphors.com)

Exquisite Mind Studio  
127 St. Paul Street  
Burlington, Vermont 05401  
802.660.8043

## Arnie Kozak, Ph.D., Licensed Psychologist-- Doctorate

*Author, Psychotherapist, Speaker*

Recognized as an innovator in the field of mindfulness-based psychology, Dr. Arnie Kozak is northern New England's leading expert in the field. Dr. Kozak's ability to translate ancient healing traditions into pragmatic applications suitable for modern lifestyles through the use of metaphors have made him a strong voice in healthcare and business.

Beginning with a journey to India in the 80's, Dr. Kozak began his lifelong practice in mindfulness meditation. Intent on finding a way to bring the practical healing attributes of mindfulness he began incorporating these techniques in his private practice. In 2002 Dr. Kozak created Exquisite Mind in Burlington, Vermont as a vehicle that could expand his wisdom to larger audiences beyond individual psychotherapy to professionals and corporations, health care providers, public groups and, most recently with Exquisite Mind Golf, amateur and professional golfers. His new book, *Wild Chickens and Petty Tyrants: 108 Metaphors for Mindfulness* (Wisdom Publications, 2009) is a thoughtful, funny, and inspiring translation of mindfulness practice through the inventive use of metaphor applicable to our daily lives.

In addition to his work with Exquisite Mind, Arnie Kozak, Ph.D., Licensed Psychologist—Doctorate is a Lecturer in Psychology at the University of Vermont and a Clinical Instructor in Medicine, University of Vermont College of Medicine. He has studied and practiced clinical psychology, meditation, and yoga for more than 25 years. He has studied with several meditation masters, including S. N. Goenka, Larry Rosenberg, Gurumayi Chidvilasananda, and His Holiness the Dalai Lama. After receiving his bachelor's degree with honors from Tufts University, he was awarded a Presidential Fellowship to get his Ph.D. in clinical psychology from the University at Buffalo. He completed his training as a Psychological Fellow at the Harvard Medical School. Prior to founding the Exquisite Mind in 2002, Arnie worked ten years in the private sector for the PKC Corporation consulting on mental health content for this revolutionary software company. His work has been featured in the *Burlington Free Press* and *Self Magazine*.

SELF-HELP / PSYCHOLOGY

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**“Arnie Kozak offers us 108 vibrant portals to understanding and cultivating mindfulness and acceptance. In an immediate and accessible way, the metaphors in *Wild Chickens and Petty Tyrants* do a wonderful job of capturing the flavor, complexity, and richness of mindfulness and are particularly good at illustrating the process of employing it. Highly recommend for anyone practicing mindfulness—as well as for therapists, teachers, and parents who are introducing others to this healing, expansive practice.”**

Lizabeth Roemer, Ph.D., coauthor of  
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for both students and teachers of mindfulness.”

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