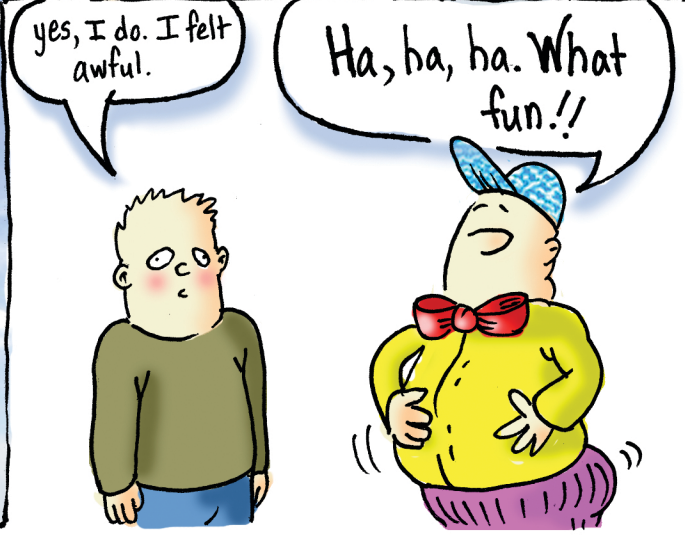
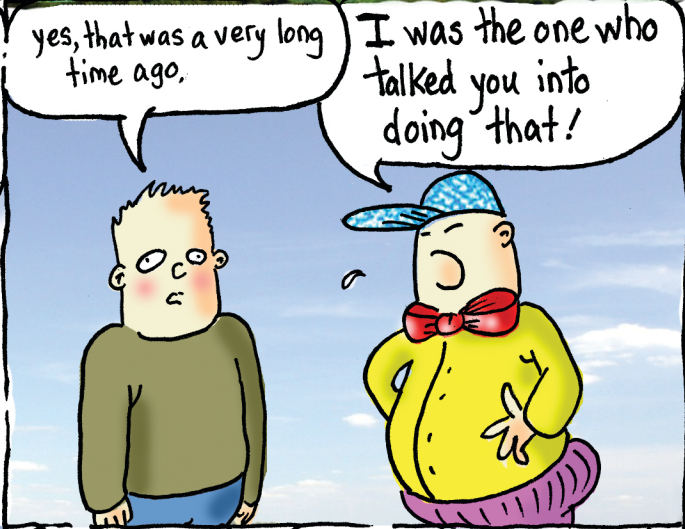
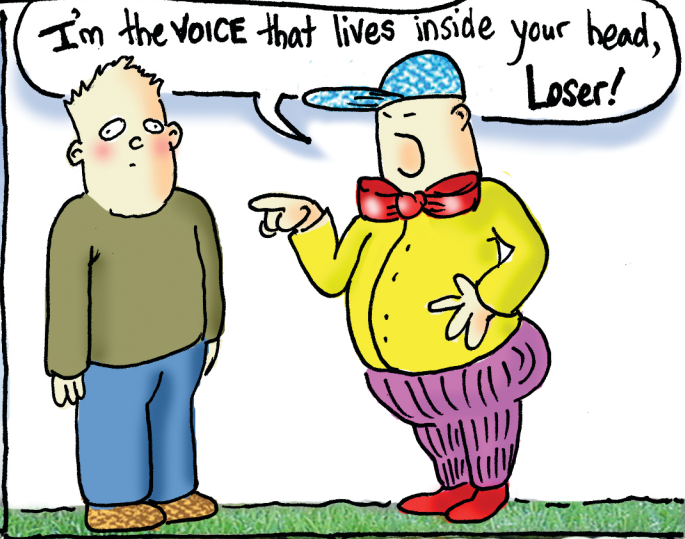
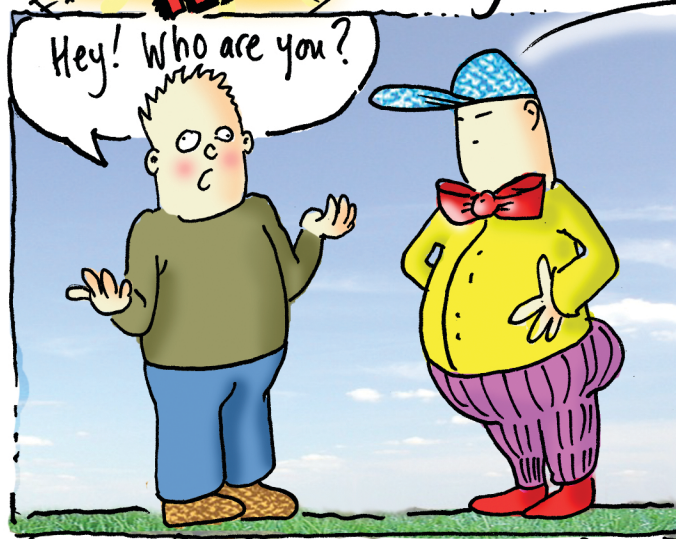


THE VOICES IN...

What if the Voice in your head was REAL?!(part 1) The Intimate Relationship



Alex Mill is a Zen Life Coach. He trained in a Zen monastery for nearly 14 years and now offers his extensive experience to help people transform their lives and businesses from the inside out through mindfulness, meditation, and compassionate self-mentoring practices.

He is the creator of three life-changing, 30-day programs, *[Heart-to-Heart: Compassionate Self-Mentoring](#)*, *[Help Yourself to Change](#)*, and *[Your Practice](#)*.

He offers an online version of his Zen meditation workshop entitled, *[Taming Your Inner Noise](#)*, where you can learn how to meditate and experience why meditation is so important.

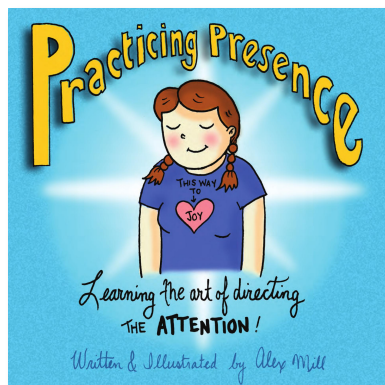
He is the author of several books on Zen awareness practice, including *[A Shift to Love: Zen Stories and Lessons by Alex Mill](#)* and *[Meditation and Reinventing Yourself](#)*.

If you'd like to learn more about Zen Life Coaching, please go to his website, coaching.zenlife.coach, and send an email requesting more information.

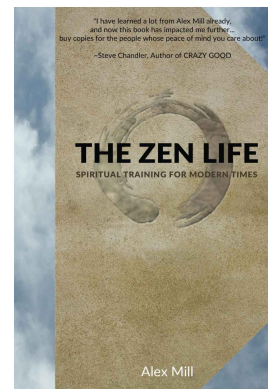
Alex lives in Louisville, Colorado, with his partner in compassionate transformation, Karen Davis, and their English Crème Retriever, the aggressive cuddler Prince Jax, Master of All He Surveys (Jax for short).

You can read more about Alex's books, retreats, workshops, and latest offerings at <http://www.zenlife.coach>.

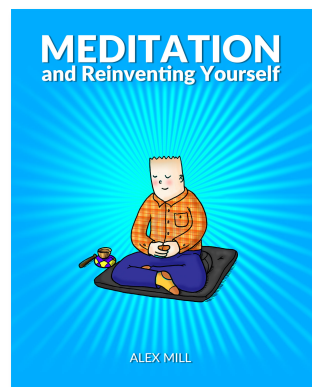
BOOKS BY ALEX MILL



[Practicing Presence](#)



[The Zen Life: Spiritual Training for Modern Times](#)



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