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About Practical Mindfulness. Learn how to harness the benefits of mindfulness to take control of your life for the better. With simple breathing exercises, meditation tips, and relaxation techniques, Practical Mindfulness will improve your concentration and help you achieve success. Questionnaires tailor advice to you by enabling you to identify negative patterns of thinking and challenge them using well-respected exercises.

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set about deconstructing this practice of mindfulness and translating the experience into ...

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mindfulness in plain english online a practical guide to vipassana meditation the subject of this book is vipassana meditation practice repeat practice this is a meditation manual a nuts and bolts step by step guide to insight meditation it is meant to be practical it is meant for use since mindfulness in plain english was first published in 1994

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