

## Mindfulness Pocketbook Little Exercises For A Calmer Life

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Integrate these mindfulness exercises, practices, and reflections into your daily life and get in control and feel more confident, calm, and present. By progressing through the pocketbook, you will develop mindful ways of thinking and doing that will benefit a wide range of situations in your personal, social, and work lives.

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### **Mindfulness Pocketbook : Gill Hasson : 9780857088727**

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