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Fully Present The Science Art And Practice Of Mindfulness

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Fully Present: The Science, Art, and Practice of Mindfulness: Authors: Susan L. Smalley, Diana Winston: Publisher: Hachette Books, 2010: ISBN: 0738214221, 9780738214221: Length: 288 pages: Subjects

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Fully Present: The Science, Art, and Practice of Mindfulness by Susan L.; Winston, Diana Smalley PhD ISBN 13: 9780738213248 ISBN 10: 0738213241 Paperback; New York, New York, U.s.a: Da Capo Lifelong Books, 2010-07; ISBN-13: 978-0738213248

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the best way to live, according to Susan Smalley and Diana Winston, whose book, Fully Present: The Science, Art, and Practice of Mindfulness, examines the benefits of leading a fully “examined” life. Given that stress, anxiety, depression and just plain distractibility run rampant in

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~~The Science, Art, and Practice of Mindfulness~~

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all visitors are required to book a free ticket in advance..

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we will be open all week, including mon and tues.

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