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Mindfulness: Finding Peace in a Frantic World

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MINDFULNESS reveals a set of simple yet powerful practices that you can incorporate into daily life to help break the cycle of anxiety, stress, unhappiness, and exhaustion. It promotes the kind of happiness and peace that gets into your bones.

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Overview. Genre: Self
Help Author: Dr Danny
Penman, Mark Williams
Publisher: Piatkus

Format: Paperback

Publication Date: 5th
May 2011 Number of

Pages: 288 ISBN:

ISBN-10: 074995308X,

ISBN-13:

978-0749953089

Synopsis: This book is
based on Mindfulness-
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Therapy (MBCT), a

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treatment used by
psychologists to help
patients with
depression and
anxiety.

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On Monday we continued to share our mini-series titled 'Meditation Myths

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**Weekly Round-up,
Sunday 26th July**

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