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ISBN 9780749953089 Author Professor
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of Pages Paperback | 288 Date Published
05/05/2011

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The Art of Mindfulness: A Practical Guide to Living in The Moment is perfect for you if: You have an overactive mind that you just can't seem to quiet, even when it's time to relax and sleep at night. You are a chronic multitasker who attempts to get more done by trying to do it all at once, but ...

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Dr Danny Penman Ph.D. is the bestselling author of Mindfulness: A

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