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# THE MINDFULNESS WORKBOOK: A BEGINNER'S GUIDE TO OVERCOMING FEAR & EMBRACING COMPASSION



New Harbinger Publications. Paperback. Book Condition: new. BRAND NEW, The Mindfulness Workbook: A Beginner's Guide to Overcoming Fear & Embracing Compassion, Thomas Roberts, "The Mindfulness Workbook" guides readers through ten exercises that enable them to experience mindfulness for themselves, not as a distant experience of enlightenment, but as a practical, attainable state from which they can see their lives more clearly. This book is the perfect resource for anyone who would like to put mindfulness to work in their lives...

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- Authored by Thomas Roberts
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