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Wisdom Public 24th, 2024Mind & Life Podcast Transcript Jon Kabat-Zinn – The Heart ...(00:10:56) And So I Went To This Talk Called The Three Pillars Of Zen, Not Knowing What Zen Was, But Just Depressed Out Of My Mind, And Not Happy At All. Well A Seminar Hour At MIT, Usually A Seminar Room Will Be Full With Like 100 People. There Were Like Four People, Aside From The Speaker And Houston Smith Who'd Invited Him. 10th, 2024.

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