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Usually Cultivated Through Meditation. It Is Experiential, Meaning That You Must
Experience It In Order To Understand It. Just Talking About It Only Gets You So Far.
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To Manage Anxiety . Mindfulness Practice Provides Us With The Tools Required To
Observe The True Nature Of Our Present Moment Reality, Helping Us To Gain Clarity
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Attention On Purpose, In The Present Moment, And Nonjudgmentally To The
Unfolding Of Experience Moment By Mo-ment.” (Zinn, 2003). Another Researcher In
The Field, Ellen Langer Says “Mindfulness Is The Process Of Ac- Jan 4th,
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Kabat-Zinn “The Miracle Of Mindfulness” By Thich Naht Hanh “The Little Book Of
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