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The Mindfulness Pocketbook will help you: \* Move in the direction of greater calm, balance, and wellbeing \* Increase your insight and awareness \* Break free from unhelpful thoughts and thinking patterns, feel more confident, and have better self-esteem \* Be more able to manage other people's demands, stress, anxiety, and worry Experts increasingly recognise that developing mindfulness skills is an effective way to improve performance, reduce stress, enhance emotional intelligence, increase ...

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Since mindfulness has entered out own emotional vocabularies there is room for Honesty, Faithfulness and Reason in there too. Pause, breather,think and then act but do not be shocked by the consequences.

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