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The Miracle Of Mindfulness: An Introduction To The Practice Of Mindfulness. Beacon Press. Huston, D. (2010). Waking Up To Ourselves: The Use Of Mindfulness

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Joe DiSabatino, M.Ed. Studied Sufi Healing At The University Of Sufism And Spiritual Healing In California. Join Joe At Yoga In Common, 3062 Deville Street, The Market Common, Myrtle Beach, SC 29577, On The First FRIDAY Evening Of The Month. No Prior Meditation Experience Necessary. This Is Seated Meditation With Teacher Guidance. 2th, 2024

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