

Mindfulness Plain Simple A Practical Guide To Inner Peace

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Mindfulness Plain & Simple: A practical guide to inner peace.By Oli Doyle. Oli Doyle first started practicing mindfulness in 2003, and all he could find were books by the Dalai Lama and other Buddhist writers. Like many do, he found the task of putting those words into practice incredibly difficult, so he set about deconstructing this practice of mindfulness and translating the experience into ...

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