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And though mindfulness may sound exotic, you can cultivate it and reap its proven benefits without special training or lots of spare time. Trusted therapist and mindfulness expert Dr. Ronald Siegel shows exactly how in this inviting guide.

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Mindfulness is a particular attitude toward experience, or way of relating to life, that holds the promise of both alleviating our suffering and making our lives rich and meaningful.

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The Mindfulness Solution: Everyday Practices for Everyday

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