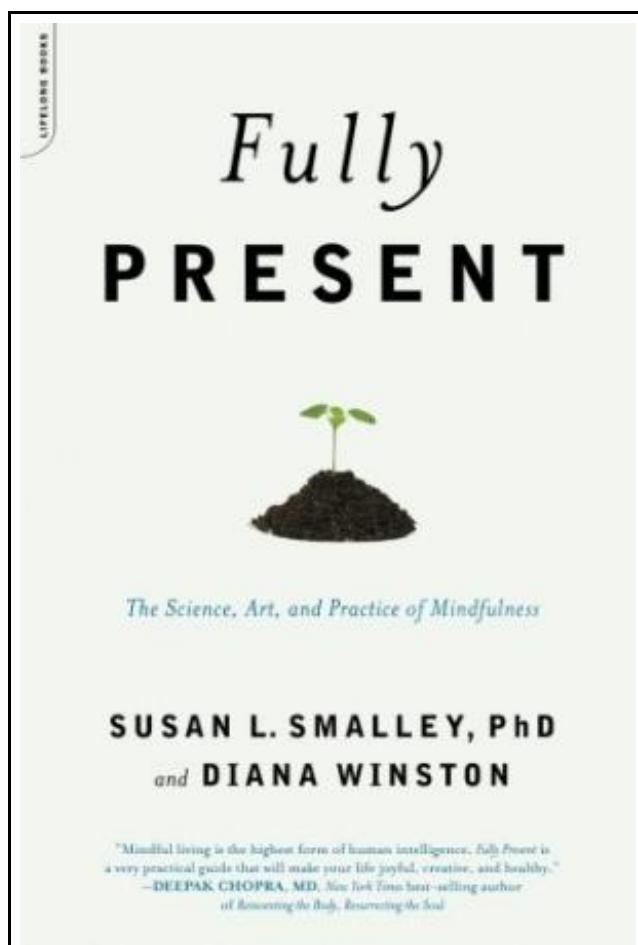


# Fully Present: The Science, Art, and Practice of Mindfulness



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## Reviews

Extremely helpful for all type of folks. It generally is not going to expense a lot of. I found out this book from my dad and i advised this book to find out.  
(Melany Goyette)

## FULLY PRESENT: THE SCIENCE, ART, AND PRACTICE OF MINDFULNESS

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