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lesson, amusement,
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and multitasking and
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*One has to be very
mindful of details to
produce an image
and this is true even if
the artist is producing
an abstract design.*

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the most revered
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the world, Thich Nhat
Hanh delivers a life
changing practice to
overcome our
overdriven mind, to let
go of preoccupations
and multitasking and
focus solely on the*

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meditation give us the
opportunity to take a
step-back from our
confused and chaotic
emotions, to clear the
head of its incessant
monkey-chatter, and*

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*emerge with a degree
of serenity and, in
time, insight.*

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seasons, expanding

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of the living and
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*reveals how the
practice of
mindfulness enriches
our birdwatching
experiences - and
explores how birds
are, in turn, the ideal
inspiration for the
practice of
mindfulness. To
Claire, bird flight is a
symbol of freedom to
soar through life
without constraint,*

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*and mindfulness
similarly enables ...*

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mindfulness in today's
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techniques inside of
this book have
worked really well for
me and I recommend
them to anyone
looking for inner
peace, relaxation,
serenity and freedom.*

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into why the everyday
process of setting
pencil to paper is a
meditative act by its
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tens of thousands of
practitioners, who
have come to the
discipline from both
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