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Author Professor Mark  
Williams, Dr Danny

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Published 05/05/2011

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mind that you just  
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who attempts to get  
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Authoritative,  
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readers, Mindfulness: A  
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reveals a set of simple  
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that you can  
incorporate into daily

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life to break the cycle  
of anxiety, stress  
unhappiness and  
exhaustion.

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simple practices that  
you can incorporate  
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and the suffering and  
stress of illness.

Clinical trials show that

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mindfulness meditation  
can be as effective as  
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and also enhances the  
body's natural healing  
systems.

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Living in the Moment is  
a clear, easy-to-follow  
introduction to the life-  
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phenomenon. In it, you'll uncover a set of simple, yet powerful techniques to elevate your life by the steady practice of mindfulness. And the best part? You can start today.

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Anxiety  
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Cognitive Therapy, a pioneering set of simple practices to dissolve anxiety, stress, exhaustion, and unhappiness. In "Mindfulness," Oxford professor Mark Williams and award-winning journalist Dr. Danny Penman reveal the secrets to living a happier and less anxious, stressful and exhausting life.

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Dr Danny Penman  
Ph.D. is the bestselling  
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finding peace in a  
frantic world, co-  
written with Professor  
Mark Williams of  
Oxford University, and  
co-author of...

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“Joseph Goldstein has

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Awakening by  
Joseph Goldstein

written an immensely clear, practical, and accessible guide to living a mindful life. From examining its roots to exploring its manifold expressions, this deeply significant work shows the path for mindfulness to become our closest friend.

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Mindfulness: A practical guide to finding peace in a frantic world by Mark Williams and Dr Danny Penman "Mindfulness reveals a set of simple yet powerful practices that can be incorporated into daily life to help break the cycle of unhappiness, stress, anxiety and mental exhaustion and promote genuine joie de vivre.

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