



Practical Mindfulness: Simple Techniques to Become Calmer, Happier and More Focused in Daily Life

By Kim Davies

Lorenz Books. Hardcover. Condition: New. New copy - Usually dispatched within 2 working days.



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Reviews

Extensive guide! Its such a excellent read. This can be for anyone who statte that there was not a worth looking at. I am just effortlessly will get a satisfaction of looking at a written publication.

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-- Dr. Easton Collier DVM