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Mindful Living - BlueHealth Advantage

this workbook includes 5 skills for mindful living that you can practice at home and work. i have created this workbook to help you develop 1 new practice into your life a week, ending with the last section on make a commitment. to get the most out of this workbook, you will want to set aside time each day for these practices.

Mindful Living Workbook - livingwellawake.com

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