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being mindless and  
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and more mindful and  
consciously present:

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involves paying  
attention to the taste,  
sight and textures of

what you eat. For  
example, when  
drinking a cup of tea  
or coffee you could  
focus on how hot and  
liquid it feels on your  
tongue, how sweet it  
tastes or watch the  
steam that it gives off.  
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awareness to what  
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experiencing via your  
senses, or to your  
state of mind via your  
thoughts and  
emotions, you ' re  
being mindful. And  
there ' s growing

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listening, noticing and  
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destructive patterns,  
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effective practices for  
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moment—including  
awareness of  
breathing and  
walking, deep  
listening, and skillful  
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teachings will

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empower you to  
witness the wonder of  
life and transform  
your suffering, both  
within and outside  
you, into compassion,  
tenderness, and  
peace. As Thich Nhat  
Hanh declares, “ the  
energy of  
mindfulness is the  
energy of the Buddha,  
and it can be  
produced by

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anybody. ” It is as  
simple as breathing in  
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in thoughts about the  
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focus not on mental  
"disease," but rather  
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happiness is found  
just beyond the grey  
clouds of sadness,  
everyday concerns,  
stress, or anxiety.  
Readers will find that  
the advice in this  
book can act as the  
gentle wind that  
clears those clouds  
away.

Take time to breathe.

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or two, and think and  
reflect and meditate  
upon it. Thats all . . .  
nothing more. Thats  
all.

This 200-page journal  
is named after one of

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