

BOOK TWO

FALLING AWAKE

How to Practice
Mindfulness in
Everyday Life



JON KABAT-ZINN

Author of the Bestselling Classic
Wherever You Go, There You Are

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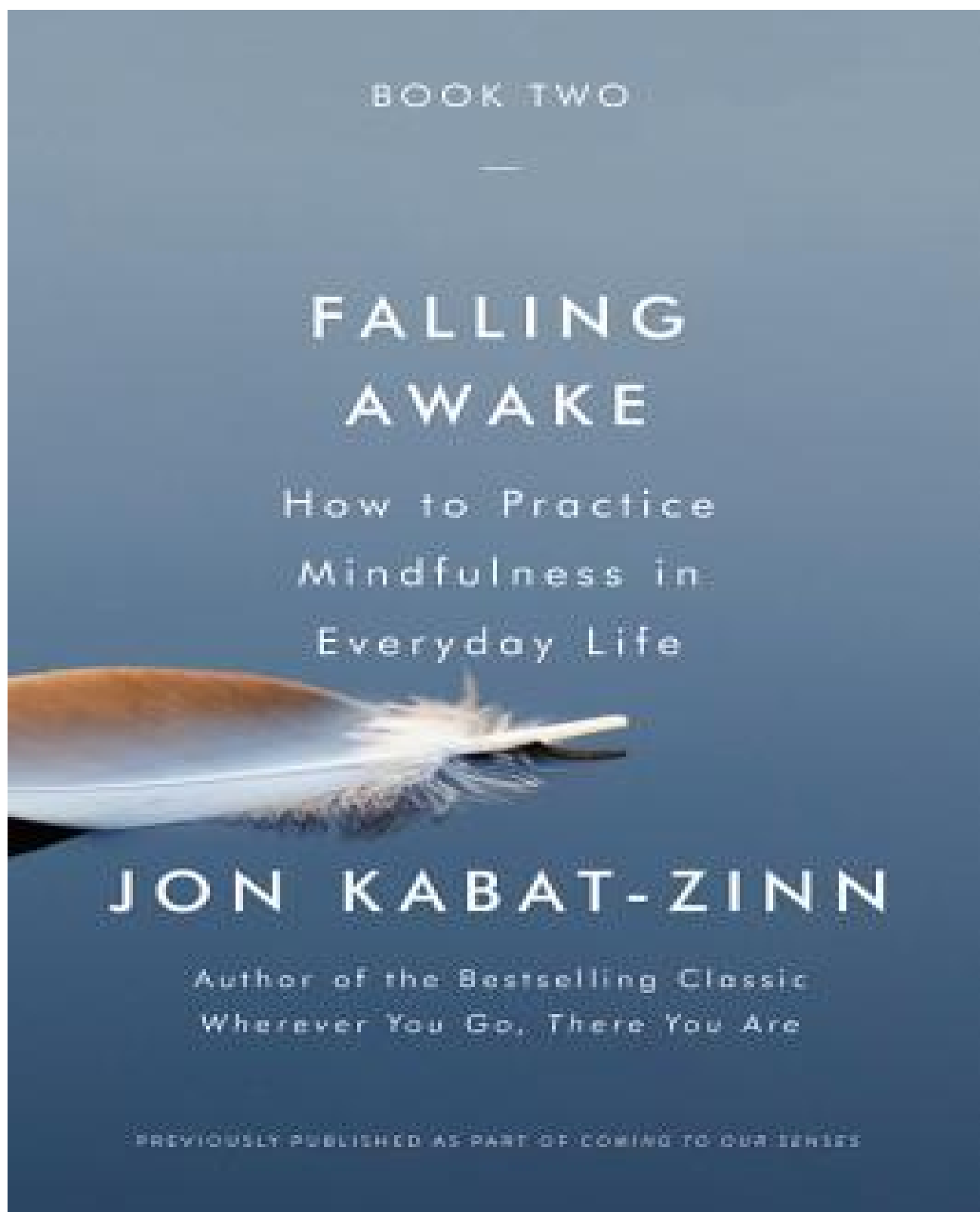
Book details

Author : Jon Kabat-Zinn Pages : 208 pages Publisher :
Hachette Books Language : eng ISBN-10 : 0316411752
ISBN-13 : 9780316411752

Synopsis book

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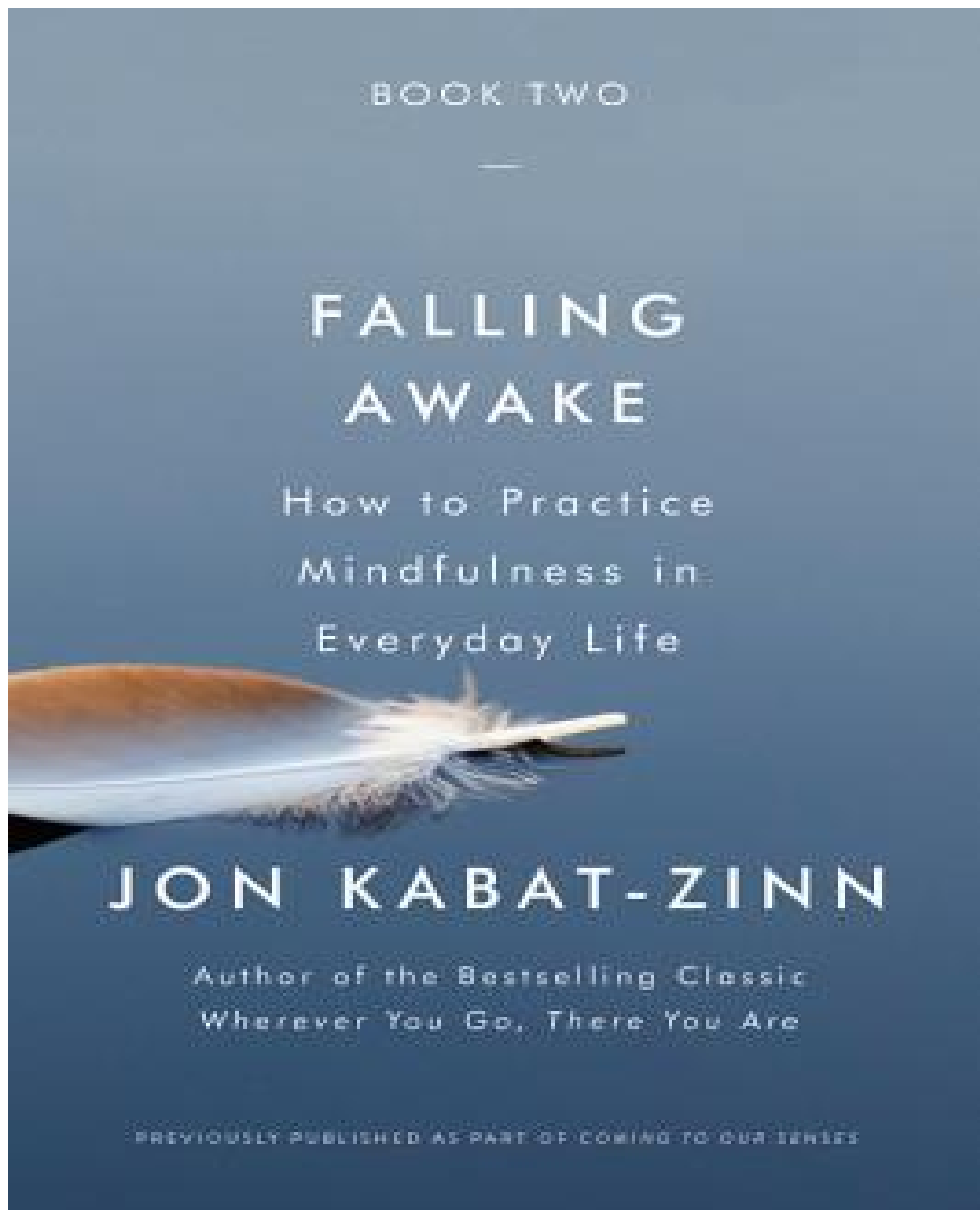
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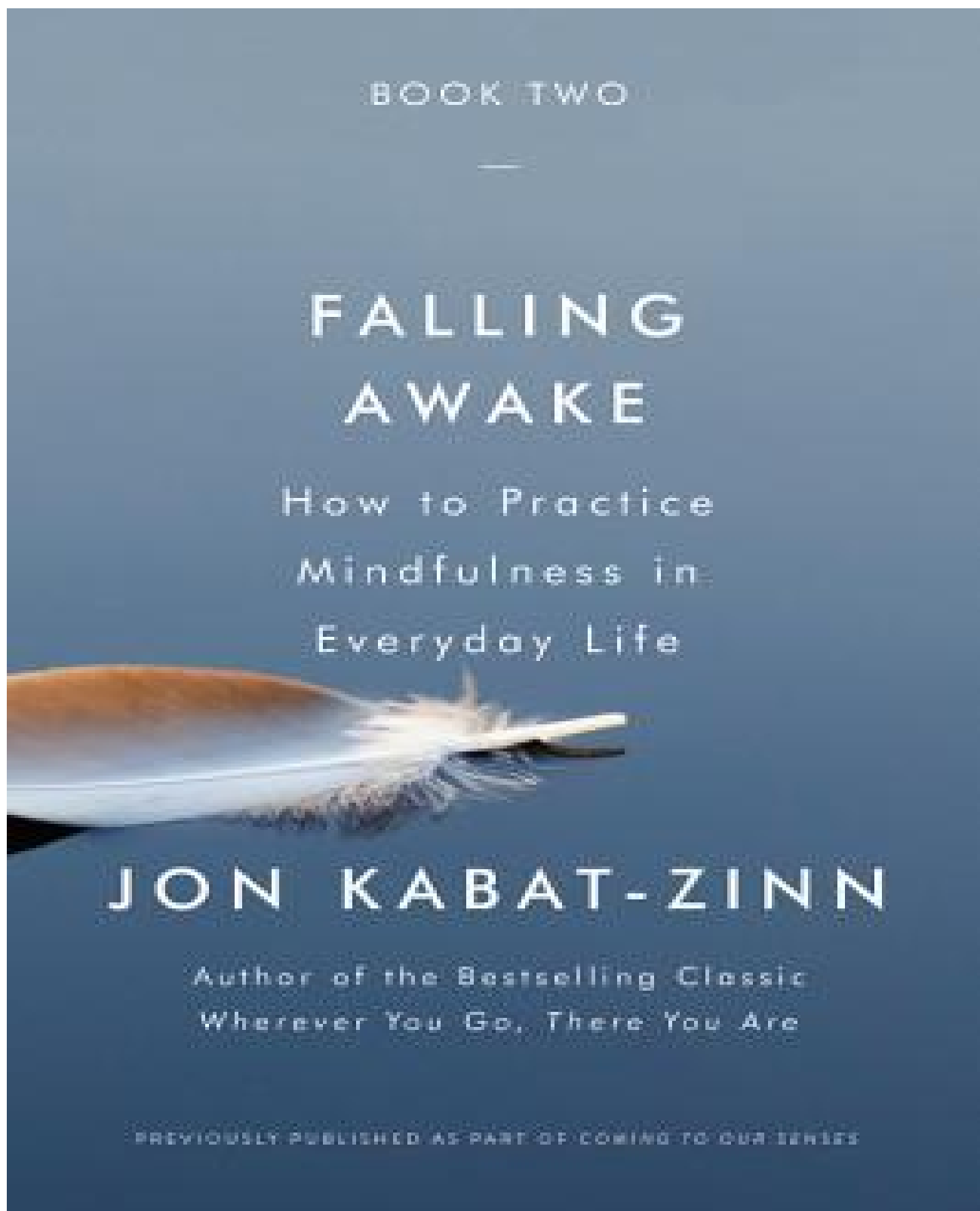
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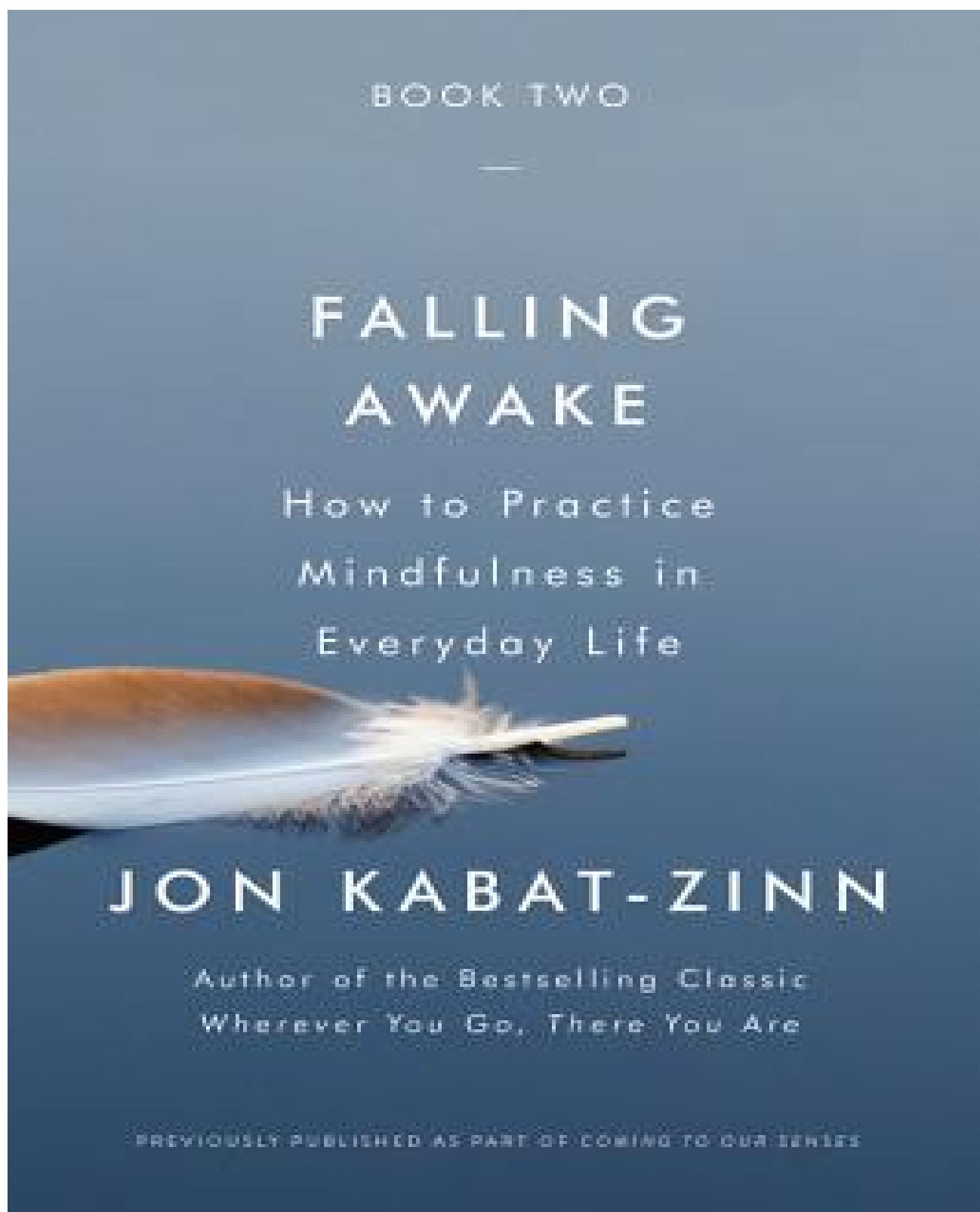
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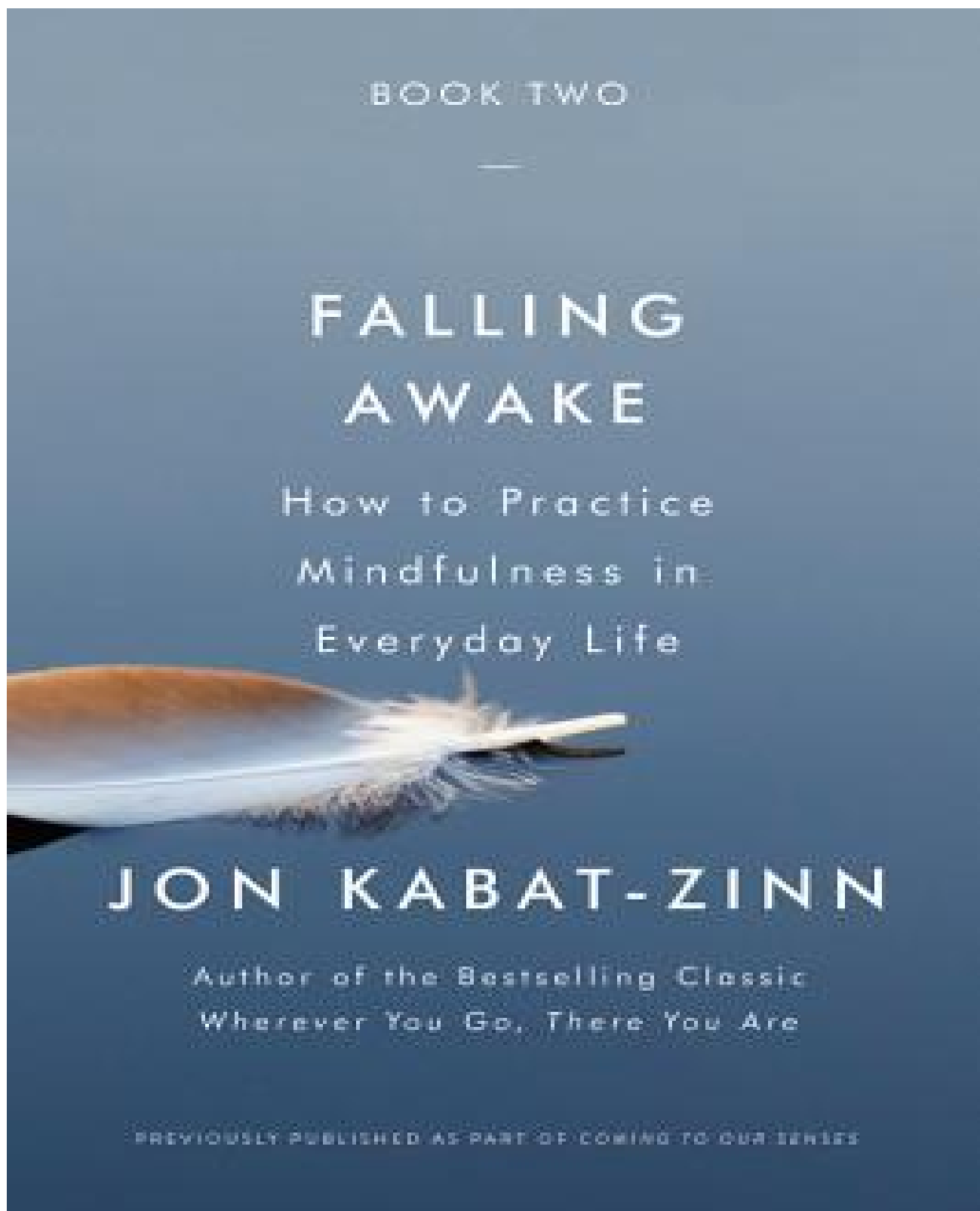
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