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Mindfulness Everyday, A Registered Canadian Charity # 83693 3507 RR0001, Provides Stress Management & Resiliency Techniques For Teens, Based On The Principles Of The MBSR (Mindfulness-Based Stress Reduction) Workshop Program Created By Jon Kabat-Zinn At The University Of Massachusetts Medical Centre Mar 11th, 2024

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Thich Naht Hanh “The Little Book Of Mindfulness” By Patrizia Collard .  
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