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1784 1126 1690 1659 1343 1998 1622 1391 1587 S F
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Mindfulness Researcher Jon Kabat-Zinn Says That Mindfulness Is “the Awareness That Emerges Through Paying Attention On Purpose, In The Present

Moment, And Nonjudgmentally To The Unfolding Of Experience Moment By Mo-ment.” (Zinn, 2003).

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