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### **Mindfulness And Mindfulness Meditation**

“Mindfulness For Beginners” By Jon Kabat-Zinn “The Miracle Of Mindfulness” By Thich Naht Hanh “The Little Book Of Mindfulness” By Patrizia Collard . Wwww.rebalancemd.com 104-3551 Blanshard St, Victoria, BC V8Z 0B9 Tel: (250) 940-4444 Fax: (250) 385-9600 . Author: Apr 2th, 2024

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Redesigning Learning Through Social Media, Web 2.0 And F2F Teaching - An Action Research Study Gail Casey Deakin University (Australia) Gcasey@deakin.edu.au  
Abstract The Focus Of This Research Was To Explore How Social And Participatory Media Could Be Used To Enhance The Face-to-face Teaching And Learning Process.  
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