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Wed, 25 Jan 2017 04:25:00 GMT - Mindfulness is always mindful of something. When you drink your tea mindfully, itâ€™s called mindfulness of drinking. When you walk mindfully, itâ€™s called mindfulness of walking. And when you breathe mindfully, that is mindfulness of breathing. So the object of your mindfulness is your breath, and you just focus your attention on it.

Five Steps to Mindfulness - University Health Services -

Thu, 26 Jul 2018 02:04:00 GMT - Research Shows That Mindfulness Is the Secret to Happiness During this session we uncover the research that shows mindfulness is the secret to happiness in these three simple steps: Step 1: Watch Ted Talk with Matt Killingsworth on how you can lead a happier life by staying in the moment

Research Shows That Mindfulness Is the Secret to Happiness -

Tue, 31 Jul 2018 17:43:00 GMT - fromtheauthorof MINDFULNESS IN PLAIN ENGLISH EIGHT MINDFUL STEPSTOHAPPINESS âœ€Bhante Gunaratanaâ€™s wonderful new book is a practical and personal guide for those truly interested in what it means to be happy.âœ€