

 mindful psychologist



# Mindfulness MEDITATION

For Beginners

A Simple Guide to Mindfulness Meditation  
- Practice Journal Included -

By

Michelle McClellan  
Psychologist  
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**Jon Kabat-Zinn**



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Charles A. Francis, 2014-12-24 Mindfulness Meditation Made Simple shows you how to transform your life and relationships through the 12 Steps of the Mindfulness Meditation Practice Through the clear instructions and simple exercises you will gain a solid foundation of this time tested ancient practice and get the results you want It explains the exact meditation techniques in an easy to follow process and then gives you tips for enhancing your practice In today s world many people are coming to the

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