



Philosophy Mindfulness: 3D Zen (Volume 1)

Dr. John Snow

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- Decrease **stress** and **anxiety**
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- Be more content & **present**
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- Connect with others better
- Improve your **memory**
- Improve your effectiveness
- Find contentment and joy
- **Sleep** better
- Increase **cognitive flexibility**
- Gain self-**compassion**
- Advance your quality of life
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