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Supplementary Materials for Worry Less, Live More

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Working with Difficulty Meditation or simply Bells at 5, 10, 15, 20, and 30 Minutes (all from The Mindful Way Workbook). Feel free to experiment with various combinations day to day. Whichever meditation practice you choose, be consciously aware of thoughts as thoughts – not thoughts as “you” or as “truth.”

MINDFULNESS HOMEWORK: SEEING THOUGHTS AS THOUGHTS

It ' s tempting to keep unsettling issues top of mind — the same way we review our to-dos — to prepare. ... The Mindful Way Through Anxiety Workbook. ” ... mindfulness correlates with ...

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