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The Mindsight Approach - CAEYC -

Tue, 10 Jul 2018 22:40:00 GMT - The Body Intelligence Summit Mindsight: The New Science of Personal Transformation. February 18, 2015. This interview is part of the Body Intelligence Summit, a free online event where you can learn from some of the most potent scientists, therapists, dancers and bodyworkers about how to become more deeply and beautifully embodied.

Dr. Dan Siegel - Press -

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Daniel J. Siegel - Wikipedia -

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Science and the Near-Death Experience -

Fri, 06 Jul 2018 22:52:00 GMT - Elisha Goldstein, PhD, cofounded the Center for Mindful Living in Los Angeles, CA. He is coauthor of A Mindfulness-Based Stress Reduction Workbook, and author of Uncovering Happiness: Overcoming Depression with Mindfulness and Self-Compassion, The...

A Mindfulness-Based Stress Reduction Workbook ... -

Tue, 10 Jul 2018 09:04:00 GMT - Updated April 20, 2017. Printer-friendly PDF BIO. Barrington H. Brennen is co-founder and co-president (along with his wife Annick) of Sounds of Encouragement Association (SOE), a non-profit organization dedicated to the restoration of life and helping people smile again through the mediums of seminars, workshops, publications, radio, television, and research.

Barrington H. Brennen - Who is he? -

- One topic thatâ€™s come up a lot lately in my trainings that I find people are very eager to learn more about is mindfulness. In this blog postâ€™s part one of a two-part series on mindfulnessâ€™I discuss what mindfulness is and why itâ€™s an important component of intercultural learning.

Mindfulness for Intercultural Learning, Part I -

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