

#### ANDREW WEISS

"Clear, accessible, belpful, good teaching to start one on the path of mindfulness."

Jack Kornfield, author of A Path with Heart

# BEGINNING MINDFULNESS

## LEARNING THE WAY OF AWARENESS

a ten-week course

### **Beginning Mindfulness Learning The Way Of Awareness**

Patricia Monaghan, Eleanor G. Viereck

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Interactive and Gamified eBooks

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