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Her books include Journey into Mindfulness, Mindfulness-based Cognitive Behavioral Therapy for Dummies and Awakening the Compassionate Mind (2014). Dr Collard's wide range of approaches and methodologies includes mindfulness-based cognitive behavioral therapy, rational emotive behavior therapy, core energy management, existential therapy, drama therapy, yoga and meditation, relaxation, and self-hypnosis. http://ebookslibrary.club/download/Little-Book-of-Mindfulness--10-minutes---Barnes-Noble--.pdf

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The Little Book of Mindfulness 10 Minutes a Day to Less

This little book is perfection. It gives little ideas for finding mindfulness each and every day. It is sprinkled with lovely artwork throughout the pages. It is pure joy.

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This little book encompasses the essence of mindfulness in an accessible way. The vignettes in it are also wonderful as quick reminders to practice mindfulness. It's the sort of little book I'd like to have in my purse at all times, to read bits from it every now and then when I need to remind myself to be more mindful, aware, and present in my life.

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