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Jon Kabat-Zinn emphasizes that although mindfulness can be cultivated through formal meditation, that's not the only way. It's not really about sitting in the full lotus, like pretending you're a statue in a British museum, he says in this Greater Good video.. It's about living your life as if it really mattered, moment by moment by

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Bury Safeguarding Bury Children Procedures and useful

Bury Safeguarding Children Board have signed up to the Greater Manchester Safeguarding Procedures.. These are supplemented by the additional procedures and guidance notes provided at the bottom of this page.

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