

Savor Mindful Eating Life Thich Nhat Hanh

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Savor Mindful Eating Life Thich

A starter kit. Experts suggest starting gradually with mindful eating, eating one meal a day or week in a slower, more attentive manner. Here are some tips (and tricks) that may help you get started:

Mindful eating - Harvard Health

I try not to talk about politics on my blog because that's not why people come here, but politics are actually a big part of who I am, and in this essay I share with you a personal story about my late husband (who had earrings and wore a trenchcoat when I met him) how he got me involved in the fight for public education, and why I will be supporting the Los Angeles teachers tomorrow.

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