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*pause  
breathe  
smile*

awakening mindfulness  
when meditation is not enough

Gary Gach

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# PAUSE

- Shift from impulsive reaction to intentional response
- Use compassion to see beyond your flaws
- Live each moment in open awareness

# BREATHE

- Develop techniques to deepen your meditation practice
- Calm your mind to stop mirroring fears or fantasies and vividly reflect what is

# SMILE

- Step away from the mirage of selfhood
- Implement an attitude of gratitude to achieve greater intimacy with our lives



*"A lovely offering of wisdom, practices, and kindness to help foster a mindful life and a compassionate heart."*

— Jack Kornfield

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## About Gary Gach

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Gary Gach is a writer, mystic, and lifelong meditator who has engaged in many roles: actor, bookshop clerk, dishwasher, hospital admin, office temp, stevedore, teacher, and typographer. Lay-ordained by Thich Nhat Hanh in 2008, he has authored eight previous books including *The Complete Idiot's Guide to Buddhism*. Gary lives in San Francisco. For more, information visit [garygach.com](http://garygach.com).

