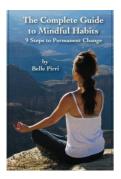
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Belle Firm, LLC, United States, 2011. Paperback. Book Condition: New. 224 x 148 mm. Language: English . Brand New Book ****** Print on Demand ******.Update: This book was assigned required reading for Kent State University s Health Education class in 2015 as a primer on mindfulness and social emotional health. We have a horrible relationship with habits. We struggle, we buy videos, we join clubs, we set our alarm clocks, we buy different foods. We buy nicotine patches, kitchen scales,...

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