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Www.rebalancemd.com 104-3551 Blanshard St, Victoria, BC V8Z 0B9 Tel: (250) 940-4444 Fax: (250) 385-9600 . Author: Apr 3th, 2024

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Situations, The Skill Will Become Automatic And You Will Have It When You Need It. Practice With Your Eyes Closed And With Your Eyes Open. 1.!Stone Flake On ... Mar 1th, 2024

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Opportunity To Practice Mindfulness. Notice When Your Mind Is Distracted, And Come Back To The Material As Quickly As Possible. Noteworthy TED Talks On Mindfulness: Books To Learn More About Mindfulness: Louie Schwartzberg: Nature. Beauty. Gratitude. Andy Puddicombe: All It Takes In 10 Mindful Jul 4th, 2024

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