

THE LITTLE BOOK OF MINDFULNESS PATRIZIA COLLARD DR%0A

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Dr Patrizia Collard is a psychotherapist, mindfulness teacher, stress management consultant and lecturer in psychotherapy at the University of East London. Her books include Journey into Mindfulness , Mindfulness-based Cognitive Behavioral Therapy for Dummies and Awakening the Compassionate Mind (2014).
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Mindfulness is the easy way to gently let go of stress and be in the moment. It has fast become the slow way to manage the modern world - without chanting mantras or setting aside hours of time for meditation. Dr Patrizia Collard will show you how to bring simple 5- and 10-minute practices into your day in order to
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The Little Book of Mindfulness is a bestselling book that's full of helpful, practical ways to practice mindfulness in your everyday life. Mindfulness can help you to cope with many aspects of menopause; insomnia, stress, aches and pains, and changes in mood.

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Patrizia Collard is the author of The Little Book of Mindfulness (3.81 avg rating, 1801 ratings, 112 reviews,

published 2014), *Journey into Mindfulness* (2014), and *The Little Book of Mindfulness by Patrizia Collard* (ebook)

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(The Little Book of Mindfulness : 10 Minutes a Day to ...

Dr. Patrizia Collard is a psychotherapist, stress management consultant, and lecturer at the University of East London. She writes, The goal of any mindfulness practice is simply to experience life as it unfolds.

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