

Mindfulness Be Mindful Live In The Moment

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optimizing brain performance - university of pittsburgh - optimizing brain performance . dianna purvis jaffin, ph.d. director, strategy & programs . proud part of the university of texas at dallas **august 28, 2007**
thoughts on thinking - at my first formal interview with suzuki roshi, i didn't know what to say. perhaps i really could not think of what to say, or nothing i was thinking was worth saying.
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