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Tue, 10 Jul 2018 22:40:00 GMT - Official website of Dr. Dan Siegel. Includes speaking events, audio and video highlights, course information and news. Dr. Siegel is an internationally recognized educator, practicing child psychiatrist and author of several books, including Mindsight: The New Science of Personal Transformation, Parenting From the Inside Out, and The Mindful ...

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Wed, 11 Jul 2018 05:42:00 GMT - Minfulness-Based Stress Reduction Workbook Resources. Instructions for using the included MP3 CD (PDF). Practice Meditation Logs that you can print out (PDF). Bob Stahlâ€™s Website: mindfulnessprograms.com

### **[Resources | A Mindfulness-Based Stress Reduction Workbook -](#)**

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Fri, 06 Jul 2018 22:52:00 GMT - Elisha Goldstein, PhD, cofounded the Center for Mindful Living in Los Angeles, CA. He is coauthor of A Mindfulness-Based Stress Reduction Workbook, and author of Uncovering Happiness: Overcoming Depression with Mindfulness and Self-Compassion, The...

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Tue, 10 Jul 2018 09:04:00 GMT - Updated April 20, 2017. Printer-friendly PDF BIO. Barrington H. Brennen is co-founder and co-president (along with his wife Annick) of Sounds of Encouragement Association (SOE), a non-

profit organization dedicated to the restoration of life and helping people smile again through the mediums of seminars, workshops, publications, radio ...

### **Barrington H. Brennen - Who is he? -**

- One topic that comes up a lot lately in my trainings that I find people are very eager to learn more about is mindfulness. In this blog post, part one of a two-part series on mindfulness, I discuss what mindfulness is and why it's an important component of intercultural learning.

### **Mindfulness for Intercultural Learning, Part I -**

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