

Quick Start to Mindfulness Meditation

Volume 1

Learn how to meditate with
simple instructions for beginners

*“Begin Your Journey
to Inner Peace”*

Charles A. Francis
The Mindfulness Meditation Institute

Mindfulness Meditation Quick Start

JG Myers



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Psychology Moment by Moment Elise E. Labbé,2011 *Psychology Moment by Moment* translates mindfulness research

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