



The Five Core Skills of Mindfulness: A Direct Path to More Confidence, Joy and Love

Terry Fralich Lcpc Jd



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Unlike general definitions and concepts of mindfulness, Five Core Skills describes in clear language a skill-based and integrated practice you can use right away to reduce stress, minimize suffering and enhance life.

With the insights, exercises and meditations in Part One, all the resources are there to experience the peace of living more mindfully. In Part Two, author Terry Fralich draws on his 35 years of experience with personal essays about mindfulness in the context of nature, relationships, sex and service... sharing the magic and miracles fully revealed with mindfulness practice over time.



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Mae Marks:

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Drew Dube:

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