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Guided Meditations - UCLA Mindful Awareness Research ... -

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Thu, 12 Jul 2018 04:30:00 GMT - George Mumford has taught mindfulness to some of the greatest athletes in the world: Michael Jordan, Kobe Bryant, and Shaq, to name a few. He shares their secrets to success in The Mindful Athlete.

The Mindful Athlete by George Mumford -

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- Thích Nhất Hạnh created the Order of Interbeing in 1966. He heads this monastic and lay group, teaching Five Mindfulness Trainings and the Fourteen Precepts. In 1969 he established the Unified Buddhist Church (Anglican Buddhist Church) in France (not a part of the Unified Buddhist Church of Vietnam).

Thích Nhất Hạnh - Wikipedia -

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