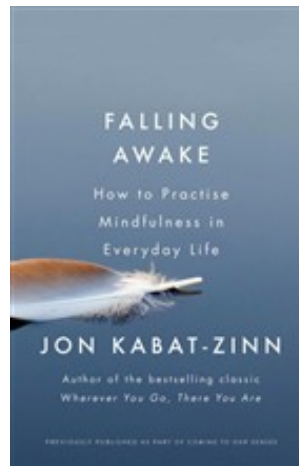


Falling Awake



Jon Kabat-Zinn

Falling Awake Scarica PDF

More than twenty years ago, Jon Kabat-Zinn changed the way we think about awareness in everyday life with his now-classic introduction to mindfulness, *Wherever You Go, There You Are*.



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