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# THE HEADSPACE GUIDE TO. MINDFULNESS MEDITATION (PAPERBACK)



Hodder Stoughton General Division, United Kingdom, 2012. Paperback. Condition: New. 4th ed.. Language: English . Brand New Book. First published as Get Some Headspace, this reissue shows you how just 10 minutes of mediation per day can bring about life changing results. It s kind of genius Emma WatsonAndy Puddicombe, founder of the much publicised Headspace, is on a mission: to get people to take 10 minutes out of their day to sit in the here and now. Here he...

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- Authored by Andy Puddicombe
- Released at 2012



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