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MINDFULNESS AT WORK IN A WEEK : LEARN TO BE MINDFUL IN SEVEN SIMPLE STEPS



Paperback. Book Condition: New. Not Signed; Description: Your fastest route to experiencing the benefits of mindfulness You are just seven steps away from experiencing the benefits of mindfulness at work for yourself. Imagine being able to reduce stress while achieving greater levels of focus and productivity. Now you can. Mindfulness is more than a buzzword. It is a vital skill to help you survive and get ahead in your career. Executive coach and business trainer Dr Seeger has been practising...

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