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## The Mindfulness Approach (Paperback)

By Dean Nelson

Dean Nelson, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Preface by Manoj Jain, MD, MPH. Dr. Jain is an Infectious disease physician, writer, and a national Leader in healthcare quality improvement. Dr. Jain writes regularly for the Washington Post and a Memphis newspaper, The Commercial Appeal. His writings also appear in the New York Times and The Times of India. Dr Jain received his engineering, doctorate, and public health degrees from Boston University. He has served as a consultant to the World Bank on HIV, and has been interviewed by CNN and National Public Radio. Dean has had more than a fair share of challenges in his life. As a teen, he suffered a personal tragedy witnessing his father s suicide which culminated into trauma-related, stress-induced health problems affecting his mind and body. However, he found solutions, and to our benefit, he shares his secret recipe to life through his writings. His first book The Experiential Approach: A Fresh New Approach For Creating Immediate Personal Power is designed to enhance life experiences. It is about how we can make positive changes in our behavior and thought processes by examining our...



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