



24 Hour Mindfulness: How to be calmer and kinder in the midst of it all

Rohan Gunatillake

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A fresh new take on modern meditation, *24 Hour Mindfulness* shows what it might be like to bring awareness, calm and kindness to wherever we are and whatever we are doing. Written by Rohan Gunatillake, one of the world's most creative voices in mindfulness and meditation, this eBook short presents sixteen portable exercises to help us keep in touch with the present moment, even during the busiest of days.

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