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Mindfulness at Work Essentials

FOR
DUMMIES
A Wiley Brand

Learn to:

- Understand the benefits of mindful working
- Incorporate mindfulness into your working day
- Develop a mindful approach to leadership
- Implement mindfulness in your organisation

Shamash Alidina

Mindfulness Teacher and Trainer

Juliet Adams

Director at A Head for Work



Mindfulness At Work Essentials For Dummies

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