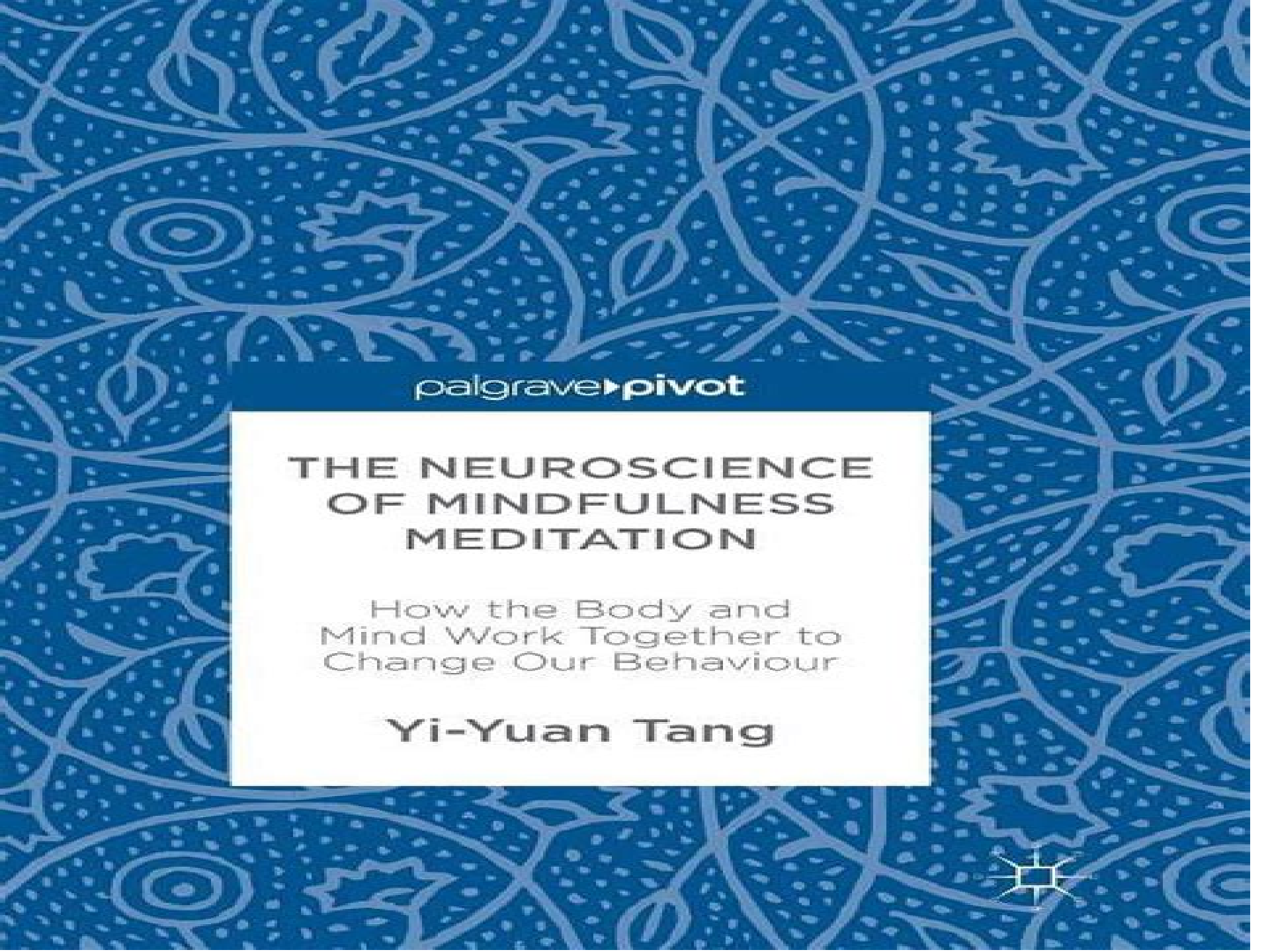




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**THE NEUROSCIENCE
OF MINDFULNESS
MEDITATION**

How the Body and
Mind Work Together to
Change Our Behaviour

Yi-Yuan Tang



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