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## **Fully Present The Science Art**

Fully Present: The Science, Art, and Practice of Mindfulness Paperback - July

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Fully Present: The Science, Art, and Practice of Mindfulness, by Susan L. Smalley, Ph.D. and Diana Winston (264 pp., Da Capo Press, 2010) Fully Present is an interesting book in its unique structure and its approach to what the authors call “secularized mindfulness.”

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Fully Present offers both an understanding in the scientific realm of what living in the present and mindfulness actually are, as well as the art of mindfulness. Not only does the reader come to understand with the mind what mindfulness is, you'll also learn how to make this mindfulness part of your life on a daily basis.

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the best way to live, according to Susan

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founder and leading educator at UCLA's Mindful Awareness Research Center.

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