



Cultivating Lasting Happiness: A 7-Step Guide to Mindfulness

By Terry Fralich Lcpc J. D.

Pesi. Paperback. Book Condition: New. Paperback. 306 pages. Dimensions: 8.3in. x 5.4in. x 0.6in. Cultivating Lasting Happiness is the definitive practical guide to understanding mindfulness and integrating it into your life. Terry Fralich has created a path for developing the awareness and skills to minimize suffering and maximize positive states - all to enhance well being. With insights, case examples, exercises, meditations and practice guides, you have all the tools to weave the seven steps of mindfulness into a beautiful tapestry. . . and a more creative and joyful way of life. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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