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practices to achieve greater balance and harmony in all areas of your life. You'll find new ideas for enjoying nature, being mindful at work, staying physically active, and encouraging creativity.

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people's demands, stress, anxiety,  
and worry Experts increasingly  
recognise that developing mindfulness  
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Increase your insight and awareness \*  
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- \* Break free from unhelpful thoughts and thinking patterns, feel more confident, and

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have better self-esteem \* Be more able to manage other people's demands, stress, anxiety, and worry Experts increasingly recognise that developing mindfulness skills is an effective way to improve performance, reduce stress, enhance emotional

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