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In this book, we've brought together a collection of expert advice to help you get started building a habit of mindfulness. Whether it's through meditation, or simply through a mindful approach to everyday activities, the practise of mindfulness really can change your life. But don't just take our word for it. Experience it for yourself.

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The Work of Byron Katie

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of the developers of restorative justice as a concept. His book Changing Lenses: A New Focus for Crime and Justice is considered a classic in the field. His other publications include Doing Life: Reflections of Men and Women Serving Life Sentences, Transcending: Reflections of Crime Victims and The Little Book of Restorative Justice.

The authors THE LITTLE BOOK OF Hconferencing - UNICEF

The Little Book was written for the course. The book was revised and extended in September 1996 for the second session of the course, scheduled to coincide with the

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and generous people. Their con-

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