

BOOK TWO

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# FALLING AWAKE

How to Practice  
Mindfulness in  
Everyday Life



JON KABAT-ZINN

Author of the Bestselling Classic  
*Wherever You Go, There You Are*

PREVIOUSLY PUBLISHED AS PART OF COMING TO OUR SENSES

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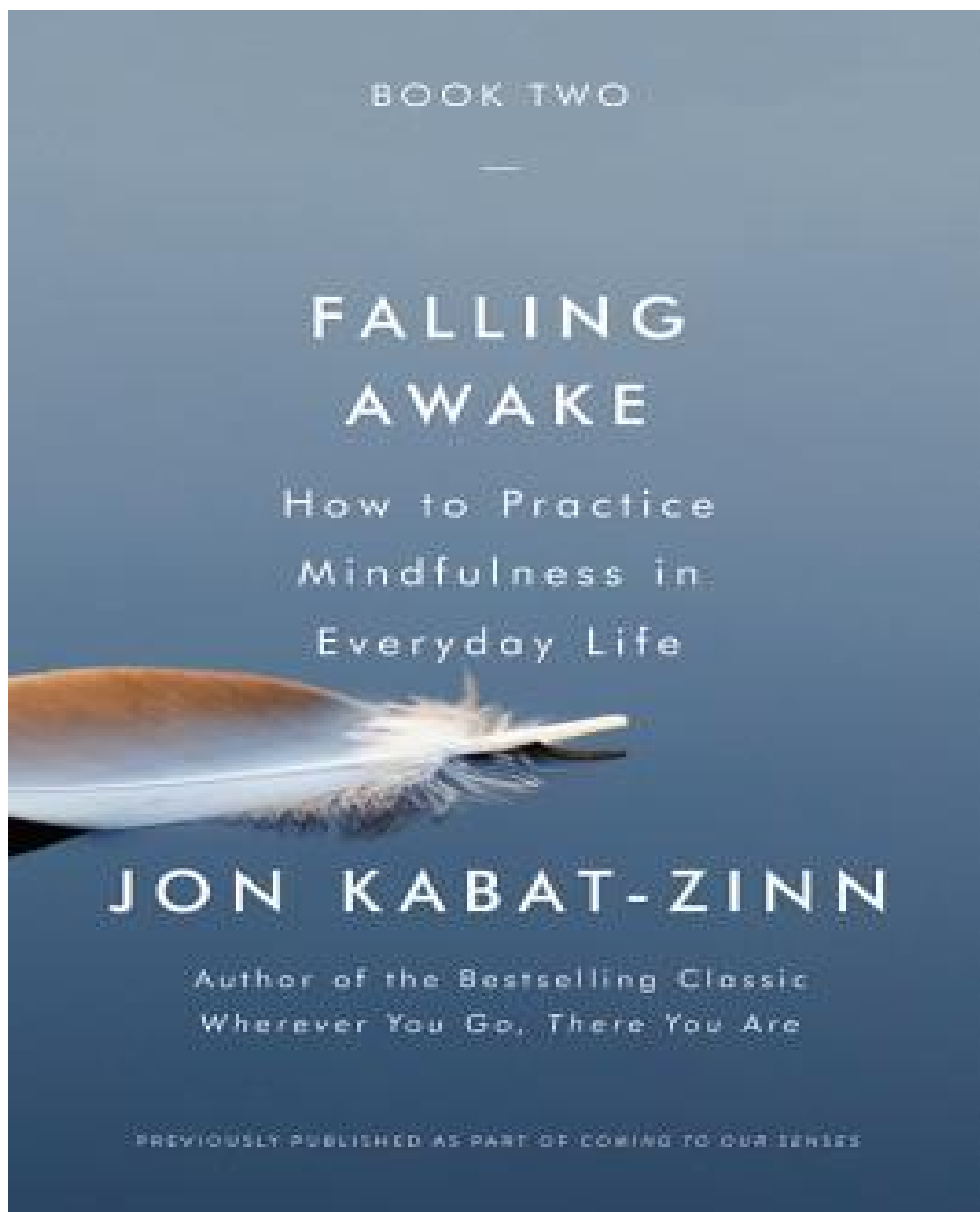
## **Book details**

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## **Synopsis book**

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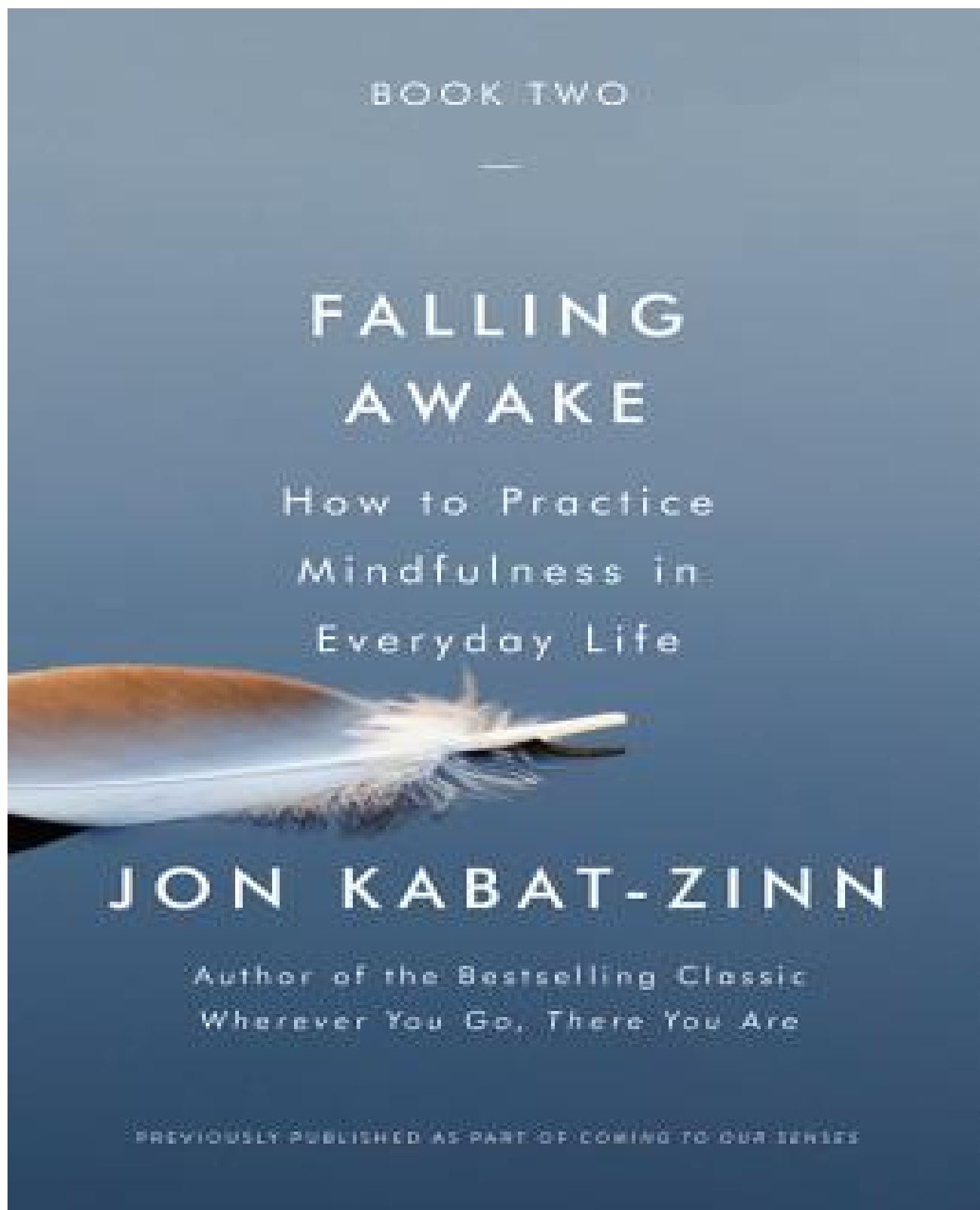
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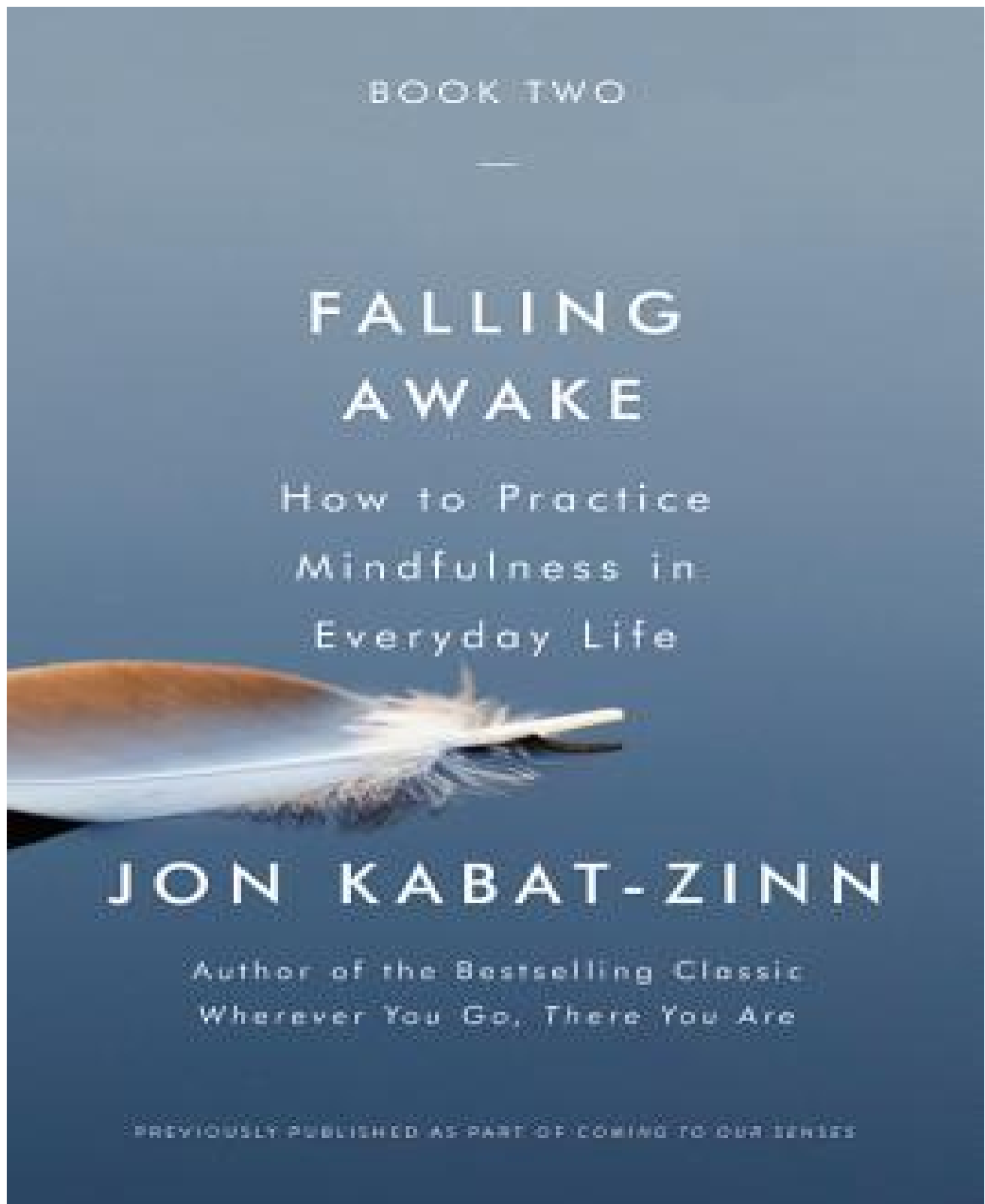
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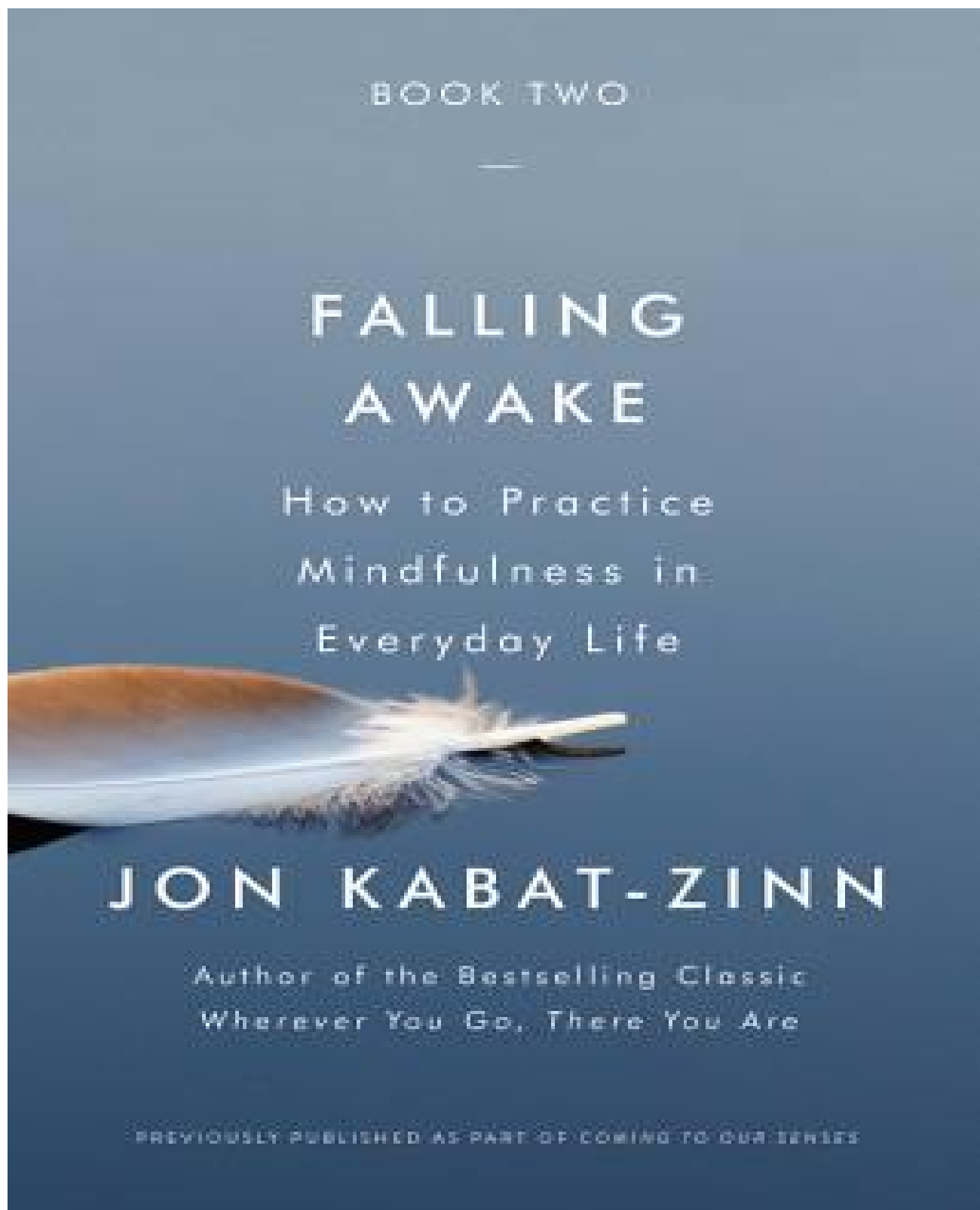
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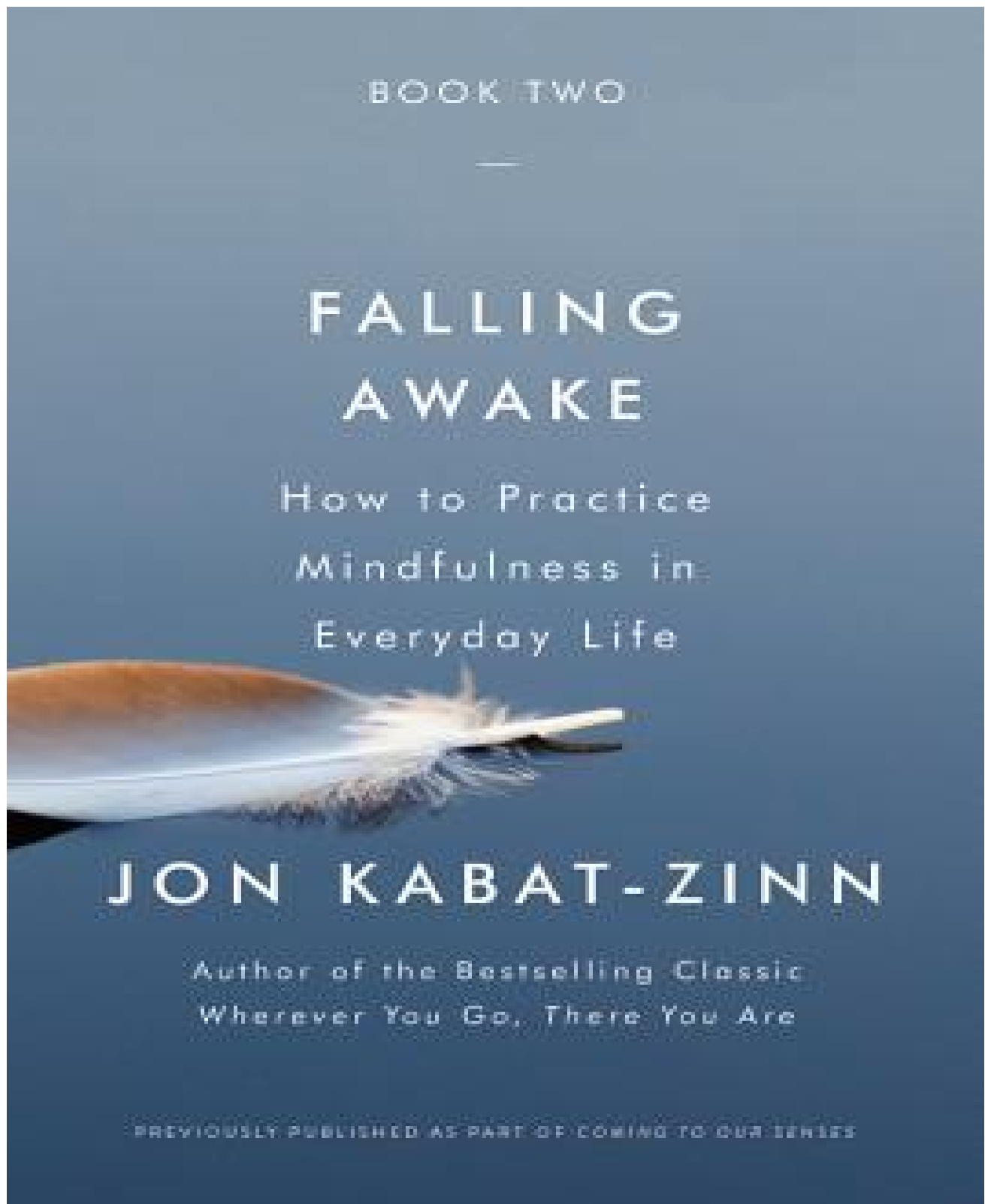
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