

Effortless Mindfulness: Genuine Mental Health Through Awakened Presence By Lisa Dale Miller

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Introducing effortless mindfulness

Lisa Dale Miller gives a brief overview of her new textbook on Buddhist psychology titled, Effortless Mindfulness: Genuine mental health through awakened presence.

Effortless mindfulness: genuine mental health

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Mindfulness of breathing - lisa dale miller

Lisa Dale Miller, MA, LMFT, LPCC, SEP textbook on Buddhist psychology for mental health professionals, Effortless Mindfulness: Genuine mental health through

Addicted to ease and comfort - meditation

The teacher was Lisa Dale Miller and her topic was addiction. She said that we live in a society addicted to ease and comfort. Mindfulness. Two Questions; First

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Lisa dale miller's dharma talks at insight

Psychotherapist Lisa Dale Miller discussed her textbook about Buddhist psychology, Effortless Mindfulness: Genuine Mental Health Through Awakened Presence.

Lisa dale miller, ronald d. siegel, anam thubten

Title: Effortless Mindfulness: Genuine Mental Health Through Awakened Presence Author: Lisa Dale Miller, Ronald D. Siegel, Anam Thubten Rinpoche

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Private Practice Psychotherapist www.lisadalemiller.com Author of "Effortless Mindfulness: Genuine mental health through awakened presence" Published by Routledge 2014

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