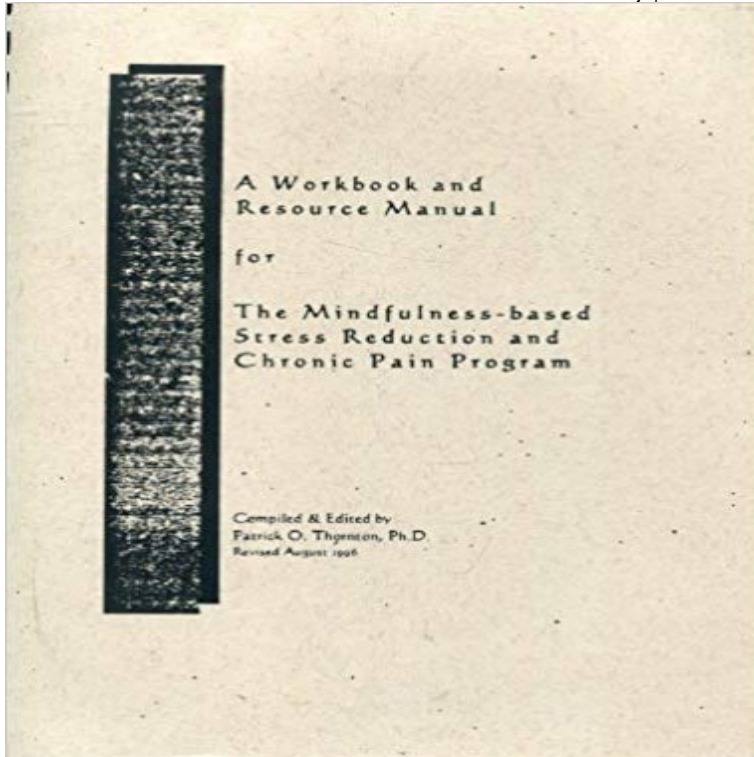


A Workbook and Resource Manual for The Mindfulness-based Stress Reduction and Chronic Pain Program



The Mindfulness-based Stress Reduction & Chronic Pain Program is based on a simple, powerful and direct means for learning to live life peacefully. There are no mysterious practices or gimmicks, no religious belief system, just a practical and proven means of opening the heart to allow for the discovery of ones full potential to experience joy and freedom from suffering.

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