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## **Amazon.com: Fully Present: The Science, Art, and Practice ...**

(264 pp., Da Capo Press, 2010) Fully Present is an interesting book in its unique structure and its approach to what the authors call “secularized mindfulness.”. The authors have divided each chapter into three parts—the science, art and practice of mindfulness.

## **Book review: Susan L. Smalley, PhD, and Diana Winston's ...**

Fully Present gave me what I was looking for, which includes groundwork to begin my own path to practicing mindfulness. Each chapter lays out the science behind it and then the art, leading to actual ways to practice. I found this approach very helpful and easy to follow.

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Fully Present: The Science, Art, and Practice of Mindfulness Audible Audiobook – Unabridged Susan Smally Ph.D. (Author), Diana Winston (Author), Elizabeth London (Narrator), Gildan Media, LLC (Publisher) & 1 more

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Breathing, meditation, dealing with both physical and emotional pain and finding happiness receive full and thoughtful chapters that follow the format of science plus art plus practice. There are certainly other books about mindfulness, and most of them are quite good. It is the authors' backgrounds that give Fully Present its unique appeal ...

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