

Mindfulness: Be Mindful. Live In The Moment.

By Gill Hasson

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Gill Hasson is the author of Mindfulness: Be mindful. Live in the moment works with people from diverse backgrounds and Gill Hasson is the author of Mindfulness:

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The Be Mindful course was created so that anyone, anywhere, can easily and effectively learn to practise mindfulness in daily life and enjoy the benefits.

Interview With Gill Hasson. Gill Hasson is a teacher, Be Mindful. Live In The Moment. Gill was interviewed by Jon Wilde at Jon s house in Hove,

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Mar 30, 2015 by Gill Hasson 3.43 of 5 stars 3.43 Gill Hasson is the author of Mindfulness: Be mindful. Live in the moment works with people from diverse backgrounds

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