

# **Mindfulness: Be Mindful. Live In The Moment.**

## **By Gill Hasson**

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Mindfulness: Be mindful. Live in the moment. (eBook) Pub. Date: Life is happening right now; mindfulness will help you live in the moment, so it doesn't pass you by!

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,

Mindfulness Pocketbook Paperback. Follow-up to the bestselling Mindfulness: Be Mindful. Live in the Moment. Gill Hasson, author of the bestselling Mindfulness is back

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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In Mindfulness Gill Hasson maps out the practical steps involved in achieving mindful thinking. She shows how truly living in the moment will help you to improve