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Gina Taro Fresno Bee file A few days ago, while

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perusing a book in search of a courageous passage to get me through the upcoming month, I stumbled across words by Jon Kabat-Zinn, who writes ...

It is the time of year for this Fresno mother to recall the son who died too soon

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be attributed to Jon Kabat-Zinn. Kabat-Zinn studied mindfulness under several Buddhist teachers, such as Philip Kapleau and Thich Nhat Hanh.

## Psychology Today

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