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Pay Attention, for Goodness' Sake by Sylvia Boorstein, Ph ...

But turning our attention to the moment-by-moment experience of the life of body can accomplish something much greater. It can help free us from an obsessive identification with a small, embattled self. It can be the key to living a much bigger life — a good life in the deepest sense. Tracy Cochran, Pay Attention, for Goodness Sake

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