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Authenticity

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Through

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students.

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Jon Kabat-Zinn speaks with Mindful's founding editor Barry Boyce about his new MasterClass, and how it's really about non-mastery. Barry: Let's start off with a very basic question: is mindfulness a state of

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used an awful lot—a lot

more than back in

1979.

**Everyday**

**Mindfulness with Jon**

**Kabat-Zinn - Mindful**

The Bravery Award:

Being the Ricardos “I’m

not funny,” Lucille Ball

once said. “What I am

is brave.” You get the

tiniest peek at how

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brave she could be in  
Being the Ricardos,  
Aaron Sorkin's very  
soft look at a very bad  
week in 1953 for Ball  
(a tart Nicole Kidman)  
and her husband, Desi  
Arnaz (an affable Javier  
Bardem). She was  
America's favorite  
redhead, he was her  
glamorous ...

## **Eleven Films That Highlight the Best in Humanity**

EP 329: Breaking Free

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from the Matrix and  
Living Mindfully with  
Carrie-Anne Moss . EP  
328: Discovering Your  
Dream . EP 327: Stacy  
London on Styling the  
Life of Your Dreams .  
EP 326: Donny Deutsch  
on Executing Your Big  
Idea . EP 325: The Prize  
and the Process . EP  
324: Good Hustle vs.  
Bad Hustle & Building a  
Billion Dollar Brand  
with Ryan Holmes

**School of Greatness**

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**Podcast - Lewis**

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Minimalism is the art of knowing how much is just enough. Digital minimalism applies this idea to our personal technology. It's the key to living a focused life in an increasingly noisy world. In this timely and enlightening book, the bestselling author of Deep Work introduces a philosophy for technology use that

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countless...

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**Digital Minimalism:  
Choosing a Focused  
Life in a Noisy World  
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The latest Lifestyle |  
Daily Life news, tips,  
opinion and advice  
from The Sydney  
Morning Herald  
covering life and  
relationships, beauty,  
fashion, health &  
wellbeing

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**Lifestyle | Daily Life |  
News - The Sydney  
Morning Herald**

Clients should attend mindfully to all aspects of a savoring experience, including its cognitive, affective, and behavioral aspects. However, tuning in too much to feelings or thoughts may backfire and could interfere, eventually dampening the savoring experience so encourage the client to

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monitor their  
experiences for  
adaptation.

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**20 Positive**  
**Psychotherapy**

**Exercises, Sessions**  
**and Worksheets**

Broadening the Reach  
of AAPI Cuisine: From  
Cookbooks to the  
“Ethnic Aisle” A playlist  
with thought-provoking  
and delicious  
interviews about  
amplifying the food,  
culture, and people of

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the Asian American  
and Pacific Islander  
community.

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**Latest Episodes |  
Heritage Radio  
Network**

Alicia Rinka aims to capture authenticity. "I'm enamored with capturing images that represent my clients true authentic self and the ability to capture history in the making," she says.

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**The Brides Best  
Wedding  
Photographers in  
America**

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characters only  
(characters found on a  
standard US keyboard);  
must contain at least 4  
different symbols;

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quoting the sources  
and creating reference  
lists in the formats  
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a weekly allowance  
every Thursday and  
each start today and  
get paid ☐☐

**University of South  
Carolina on**

**Instagram: “Do you  
know a future ...**

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find jobs in Germany for expats, including jobs for English speakers or those in your native language.

**Find Jobs in Germany: Job Search - Expat Guide to Germany | Expatica**

And `w.substring(i)` consists of the characters of `w` from position `i` through the end of the string. For example, if `ch` is a character, then you

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can change the i-th character of w to ch with the statement:  
String s =  
w.substring(0,i) + ch +  
w.substring(i+1);

### **Lab 9: Sets in the Java Collection Framework For this week's lab,...**

<?php // Plug-in 8:  
Spell Check// This is an  
executable example  
with additional code  
supplied// To obtain  
just the plug-ins please

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