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The Miracle Of Mindfulness: An Introduction To The Practice Of Mindfulness. Beacon Press. Huston, D. (2010). Waking Up To Ourselves: The Use Of Mindfulness Meditation And Emotional Intelligence In The Teaching Of Communications. New Directions For Community Colleges , Jan 23th, 2024

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Reduce Pain Intensity? A Critical Review Of The Literature, Pain Med 14(2): 230-242. 11. Pelletier R, Higgins J, Bourbonnais D (2015) Addressing Neuroplastic Changes In Distributed Areas Of The Nervous System Associated With Chronic Musculoskeletal Disorders. Phys Ther 95(11): 1582-1591. 12. Feb 18th, 2024

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As The Mountain Sits, Seeing And Feeling How Night Follows Day And Day Follows Night. The Bright Warming Sun, Followed By The Cool Night Sky Studded With Stars, And The Gradual Dawning Of A New Day... Through It All, The Mountain Just Sits, Experiencing Change In Each Moment, Constantly Changing, Yet Always Just Being Itself. Jan 27th, 2024

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17. Singh, S., Soamya, & Ramnath. (2016). Effects Of Mindfulness Therapy In Managing Aggression And Conduct Problem Of Adolescents With ADHD Symptoms. Indian Journal Of Health & Wellbeing, 7(5), 483-487. 18. Zipkin, D. (1985). Relaxation Techniques For Handicapped Children: A Review Of Jan 28th, 2024

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Results, Sufi Meditation Was More Effective In Lowering Anxiety And Enhancing Mental Health, Since It Matches The Belief System Of The Population. Hence Results Provide A Base For Future Research To Combine Both Types Of Meditations Developing A New Healing Dimension. Keywords. Mindfulness, Sufi Jan 5th, 2024

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