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# Mindfulness and Meditation For Dummies, Two eBook Bundle with Bonus Mini eBook: Mindfulness For Dummies, Meditation For Dummies, and 50 Ways to a Better You

*Shamash Alidina*

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### About the Author of Mindfulness For Dummies

Shamash Alidina is a professional mindfulness trainer, speaker and coach specializing in mindfulness training for therapists, coaches and executives, as well as the general public. He has trained with Jon Kabat-Zinn, Thich Nhat Hanh and Matthieu Ricard, and at Bangor University's Centre for Mindfulness. He has

over ten years of experience in teaching mindfulness.

#### About the Author of *Meditation For Dummies*, 3rd Edition

Stephan Bodian, a licensed psychotherapist and former editor-in-chief of *Yoga Journal*, has practiced and taught meditation for over 40 years and has written extensively on meditation, stress management, and spirituality. His articles have appeared in *Fitness*, *Cooking Light*, *Natural Solutions*, and other national magazines.

#### About the Author of *50 Ways to a Better You For Dummies*, Mini Edition

W. Doyle Gentry, PhD, is a clinical psychologist whose "scientist-practitioner" career spans almost four decades. Dr. Gentry is a distinguished Fellow in the American Psychological Association and is the Founding Editor of the *Journal of Behavioral Medicine*. He has authored over 100 scholarly works, has edited eight textbooks, and has authored three self-help books, including *Happiness For Dummies*.

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