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Stopping: How to Be Still When You Have to Keep Going

David Kundtz

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Stopping: How to Be Still When You Have to Keep Going

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Stopping: How to Be Still When You Have to Keep Going David Kundtz
Stopping is a simple, straightforward technique for "doing nothing, as much as possible, for a definite period of time, with the purpose of becoming more awake and remembering who you are," so that you can live more purposefully and peacefully.

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