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Lisa dale miller's dharma talks at insight

Psychotherapist Lisa Dale Miller discussed her textbook about Buddhist psychology, Effortless Mindfulness: Genuine Mental Health Through Awakened Presence.

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Introducing effortless mindfulness

Lisa Dale Miller gives a brief overview of her new textbook on Buddhist psychology titled, Effortless Mindfulness: Genuine mental health through awakened presence.

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Private Practice Psychotherapist www.lisadalemiller.com Author of "Effortless Mindfulness: Genuine mental health through awakened presence" Published by Routledge 2014

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