TEN BREATHS TO HAPPINESS



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About Ten Breaths to Happiness Zen teacher Glen Schneider has developed a series of simple practices to help us cultivate happiness and fulfillment in the course of our daily lives. Happiness is far more than a positive feeling that comes and goes, happiness is wired into the physiology of our brains.

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Ten Breaths for Happiness Mindfulness Ireland

As the first entry on this blog, we are republishing a popular article from our newsletter, which was originally in our Winter 2013 edition. It has inspired many to incorporate this simple practice in their daily life.

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