

# **Mindful Leadership The 9 Ways To Self Awareness Transforming Yourself And Inspiring Others Maria Gonzalez Pdf Download**

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Mindful Awareness In Daily Living A Deep Breath And End Your Focus On Your Toes.

- Next Move To The Sole Of Your Left Foot. Again, What Do You Feel? When Ready, Take A Deep Breath, And End Your Focus On Your Foot.
- Continue To Focus On Each Part Of Your Body. Give Each Part Your Full Attention In The Order Listed.

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