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Practicing The Mindfulness Trainings, Therefore, Helps Us Be More Calm And Concentrated, And Brings More Insight And Enlightenment.-Thich Nhat Hanh, Happiness: Essential Mindfulness Practices (2009) The Five Mindfulness Trainings. The Five Mindfulness Trainings Represent The Buddhist Vision For A Global Spirituality And Ethic. Jan 1th, 2024

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Hakisukta, Wiwik Sulistyaningsih, And Eka Ervika, "Effective Of Mindfulness Training For Increasing Happiness In Adolescence' With Authoritarian Parenting Style," International Research Journal Of Advanced Engineering And Science, Volume 3, Issue 3, Pp. 167-170, 2018. Moderate Inc May 1th, 2024

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