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It's not necessary, we're told by Dr Danny Penman, an expert on mindfulness meditation: 'Mindfulness was originally a Buddhist practice developed about 2000 years ago. All religions practice some form of meditation. It was certainly very common in Christianity until the late middle ages.

Mindfulness meditation | Age UK

I highly recommend the down-to-earth methods you'll find in Mindfulness. Professor Mark Williams and Dr Danny Penman have teamed up to give us scientifically grounded techniques we can apply in the midst of our everyday challenges and catastrophes." Daniel Goleman, bestselling author of Emotional Intelligence

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Dr. Danny Penman Mindfulness: An Eight-Week Plan for Finding Peace in a Frantic World Audio CD - CD, November 22, 2011 by Mark Williams (Author, Reader), Danny Penman (Author), Jon Kabat-Zinn Ph.D. (Reader, Foreword) 4.6 out of 5 stars 3,757 ratings

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Dr Danny Penman is a qualified meditation teacher and an award-winning writer and journalist. He currently writes features for the UK Daily Mail, having previously worked for the BBC, New Scientist and the Independent newspaper. He is co-author of the bestselling Mindfulness: A Practical Guide to Finding Peace in a Frantic World.

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Dr Danny Penman is a qualified meditation teacher and an award-winning writer and journalist. He currently writes features for the UK Daily Mail, having previously worked for the BBC, New Scientist and the Independent newspaper. He is co-author of the

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Danny Penman on Mindfulness For Creativity

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