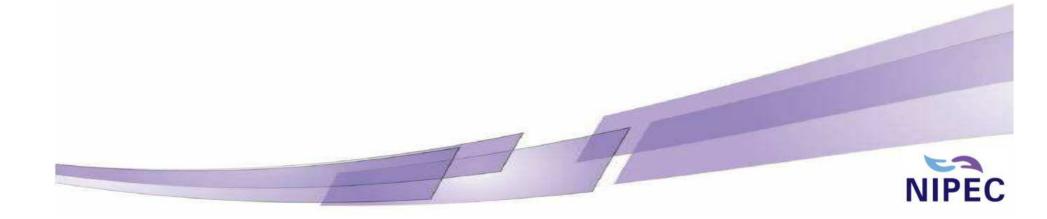


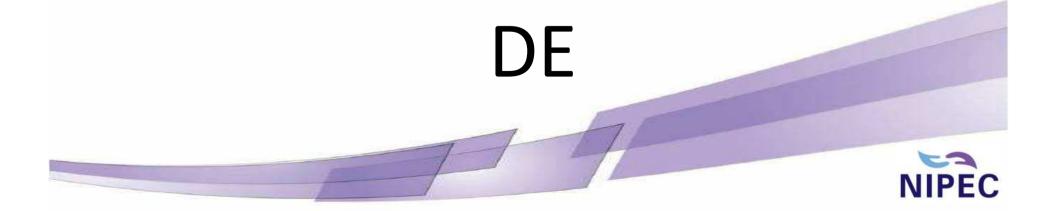
Mr Frank Liddy
Mindfulness Practitioner
AWARE

What is Mindfulness

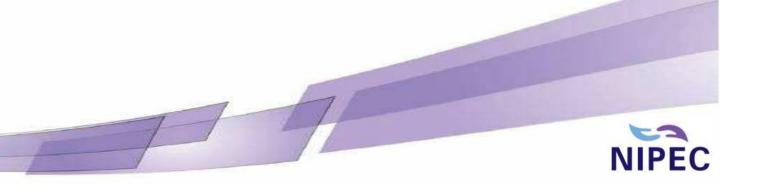


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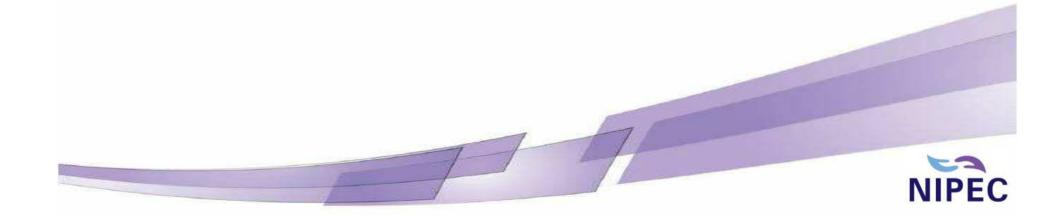
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• Can it help me?



How do I integrate it into my daily life



• The importance of self care and self compassion



Mindfulness Practice

A Mindful Way of Life



How to contact me

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